

HALIFAX

metro®

NEWS  
WORTH  
SHARING.



# BLACK FRIDAY SALE

THE HOTTEST  
**ANDROID  
DEVICES**  
STARTING  
FROM **\$0\***

ON SELECT  
2-YEAR PLANS

LG G2™  
WAS \$99.99  
NOW \$0



NEXUS 5™  
WAS \$99.99  
NOW \$0



LIVE LIKE NEVER BEFORE™



# WINTER

## IS JUST AROUND THE CORNER

### WARM UP AT DARTMOUTH DODGE

PAYMENT  
INCLUDES 4  
FREE SNOW  
TIRES!



**2014 DODGE  
GR. CARAVAN  
CVP**

Was \$30,190

NOW **\$18,995**

or  
**\$69**/wk

Stk# 14GV8630

**4 WINTER TIRES**



with the purchase of these 2 vehicles

PAYMENT  
INCLUDES 4  
FREE SNOW  
TIRES!



**2014 RAM  
1500 SXT QUAD  
CAB 4X4**

Was \$39,985

NOW **\$25,705**

or  
**\$92**/wk

Stk# 14R09554

**DARTMOUTH**  
CHRYSLER JEEP DODGE RAM

Mon-Thurs: 8:30am-8:00pm  
Fri & Sat: 8:30am-6:00pm  
Sunday: Closed

**(902) 469 9050**  
**ddodge.com**

Prices Exclude Freight, taxes and Fees. Prices Include ALL Factory Incentives. Payments INCLUDE Freight, taxes and fees. OAC



HALIFAX

metro®

NEWS  
WORTH  
SHARING.**Firm to sue Health Canada**

Class-action lawsuit is on behalf of outed medical-marijuana producers and users

PAGE 3

**First style, then substance**

Ahead of his first throne speech, premier says he wants to set the right tone

PAGE 4

**Rainmen bounce bench boss**

Halifax fires head coach Chris Terrell after winless start

PAGE 43

**COMMUNITY RALLIES BEHIND SCOTT JONES**

EVENT RAISING FUNDS FOR NEW GLASGOW MUSICIAN LEFT PARALYZED AFTER ATTACK

PAGE 26

**ROCKING AND RALLYING**

Jacob Hoggard of Hedley entertains a crowd of over 8,000 school kids as part of We Day at the Halifax Metro Centre. The travelling show about social change made its first stop ever in the Maritimes on Wednesday. Story, page 6. JEFF HARPER/METRO

**Helmet laws need to go: Biking group****Being hard-headed to go soft-headed.**

Coalition members vote to target provincial rule

A cycling advocacy group in Halifax is looking to convince the provincial government to drop the mandatory bicycle helmet law.

Members of the Halifax Cycling Coalition voted this week to make repealing N.S.'s helmet requirement one of the group's priorities in the new year.

"The board has in the past talked about the helmet law but never taken a formal position," said HCC co-chair Ben Wedge in an interview Wednesday. "It's safe to say there's (now) openness there to start working on this."

HCC co-founder Doug Denny proposed the idea at Tuesday night's meeting, arguing that helmet requirements keep people off bikes without making them any safer.

"What really keeps people safe on bikes is numbers of cyclists," said Denny. "(But) when you have people in helmets it increases the perceived risk of cycling and people choose not to do it."

According to research cited by Wedge, when the helmet law was introduced in 1997 it cut the cycling rate in half but only reduced the number of bike-related head injuries by a third. "That means the rate of head injuries per kilometre

cycled actually increased," said Wedge.

But according to Doctors Nova Scotia, the benefits of wearing a helmet far outweigh the potential drawbacks.

"Helmets really help decrease the risk of injury," said spokesman Kevin Chapman. "There's scientific, medical evidence to back that up."

Chapman said he is confident the province's doctors association would "strenuously" oppose any effort to repeal helmet laws. "We're trying to encourage bicycle safety and to us, helmets are really a part of that equation."

Police in Halifax agreed.

"Helmets are proven to protect people from brain injury and the majority of research confirms this," said Halifax Regional Police Department spokeswoman Lauren Leal.

"Even if (the HCC) were successful in having this law abol-

**By the numbers****211**

The number of fines handed out by Halifax police to cyclists not wearing a helmet this year. The current fine in N.S. is \$143.27.

ished, we would still encourage people to ride safely." And that involves wearing a helmet, she added.

Nova Scotia is one of four provinces with all-ages helmet laws, along with B.C., N.B. and P.E.I. **GEORDON OMAND/FOR METRO**

Offer ends December 2



# Hurry in for our Black Friday Sale



Samsung Galaxy S III Mini

~~\$100~~ \$0



HTC Desire

~~\$150~~ \$0



Nexus 4

~~\$150~~ \$50

with a 2-year Tab24 agreement on a Standard plan<sup>1</sup>

## Make the most of your phone with this great plan:

- › **Unlimited Messaging**<sup>2</sup>  
(International Text, Picture and Video messages)
- › **Unlimited weekends and evenings**  
from 5 p.m., Canada-wide<sup>3</sup>
- › 400 MB of data<sup>4</sup>
- › 400 Canada-wide daytime minutes<sup>5</sup>
- › Call Display and Voicemail<sup>6</sup>

**\$39**  
per month<sup>3</sup>

## Includes the Fido ADVANTAGE

Fido Check-In • LiveANSWERS™ • FidoDOLLARS™ • Tab24  
**NEW**

Great  
smartphones  
starting from

**\$0**



It's time to switch. Visit a store, call 1-866-301-3436 or go to [fido.ca](http://fido.ca).

### FIDO STORES

Sunnyside Mall, Bedford  
Mic Mac Mall, Dartmouth  
Halifax Shopping Centre, Halifax

**FUTURE SHOP**



«WIRELESSWAVE»

**MOBILE**

Walmart\*

**COSTCO**  
WHOLESALE

WIRELESS etc...

**MOBILESHOP**  
Exclusively where President's Choice® products are sold.

**Tbooth**wireless™

Offers subject to change without notice. Taxes extra. 1. With new activation on a 2-year Tab24 agreement on a Standard plan. Device Savings Recovery Fees and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. Taxes extra. 2. Plans include messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 3. Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). 4. Additional data: \$5 /250 MB, charged in \$5 increments. Visit [fido.ca/roaming](http://fido.ca/roaming) to learn more about data roaming pay-per-use rates. 5. Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. 6. Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. © 2013



### Highway 103

## Man killed in head-on crash

Police in Nova Scotia are investigating a fatal crash on Highway 103 after a van and SUV collided head-on Wednesday afternoon.

RCMP say the accident happened just before 4 p.m. between Exits 14 and 15 in Hebbs Cross, Lunenburg Co.

Police say it was raining heavily at the time.

The man driving the van died in the crash, while a female passenger suffered serious injuries.

The male driver of the SUV was also taken to hospital with serious injuries.

METRO

### Safety in question

## Cops ask for help in finding teen

Police in Halifax are asking the public to help locate a missing teenager.

Rae'heem Downey, 16, was last seen Monday around 9 p.m. in the Halifax area. He is black, five foot 10 and 110 pounds. He was last seen wearing a red hoodie with Adidas in black lettering across the front, dark-grey jogging pants and black running shoes.

Police said in a release issued Wednesday that they, along with Downey's parents, are concerned for his safety. METRO



Rae'heem Downey CONTRIBUTED



About 40,000 people who are licensed to grow or possess marijuana were outed by correspondence from Health Canada. JEFF HARPER/METRO FILE

# Local firm sues over medical-weed leak

**Privacy.** Class-action seeks restitution after Health Canada outs users and producers



RUTH DAVENPORT  
ruth.davenport@metronews.ca

A Halifax law firm has filed court documents to launch a class-action lawsuit on behalf of medical marijuana users who were affected by a privacy breach last week.

Attorneys with McInnes Cooper filed the action in federal court after being con-

### Fear of home invasion

**"We have had a number of calls from people who are quite anxious that their privacy has been breached ... and they're also concerned for their safety as well."**

McInnes Cooper attorney Jane O'Neill

tacted by several potential plaintiffs.

"A lot of them were local, but we've also received calls from outside the province," said Dan Wallace on Wednesday.

About 40,000 people who were licensed to grow or possess medical marijuana received correspondence from Health Canada that was clear-

ly marked "Marihuana Medical Access Program."

McInnes Cooper attorney Jane O'Neill said identifying the users has not only violated their medical confidentiality, but put their safety at risk.

"If that were known widely, then they may well be the target, some are concerned, of home invasions," she said.

Wallace said there's al-

ready been one home invasion in British Columbia potentially related to the breach.

The lawsuit seeks damages from the federal government to compensate the plaintiffs for the breach of their privacy.

"This really doesn't have anything to do with marijuana, as such; it has to do with privacy," said O'Neill. "It's prescribed medication for a medical condition. Consider if you had the list of all prescriptions you've ever taken out in the public realm."

Wallace said it's hoped a certification hearing will be held in the next couple of months.

1 NEWS



## Pin it to Win!

- 1 Follow Park Lane Mall on Pinterest
- 2 Send us a Pin of your favourite Park Lane Mall items or like, repin or comment on our **Park Lane Holiday 2013** board.
- 3 The more likes, repins, and comments the better your odds!

\*Maximum 3 entries per person, per week.  
Visit our website for full contest details.

Weekly draws for  
**\$100 Park Lane Gift Certificate**  
Grand prize Park Lane Mall  
**\$1,000 Shopping Spree**

PARK  LANE  
SHOPPARKLANE.CA

# New premier 'setting the tone'

## Throne speech.

Stephen McNeil promising to break Nova Scotia Power's monopoly on the electricity grid and measures to strengthen rules on financial assistance to the private sector, the Liberal premier says ahead of his government's first throne speech Thursday.

Nova Scotians can expect legislation to break Nova Scotia Power's monopoly on the electricity grid and measures to strengthen rules on financial assistance to the private sector, the Liberal premier says ahead of his government's first throne speech Thursday.

Stephen McNeil, who swept to power last month winning 33 of the legislature's 51 seats, said his government plans to tackle at least two key campaign commitments in the upcoming fall session.

"It's important that we send a signal that we are committed to doing what we said we are going to do," McNeil said.

But he also cautioned that the government is still finding its footing in what is expected to be a two- to three-

## Opposition

Decorum — or lack thereof — has been an issue that has gripped the house, and Premier Stephen McNeil said he wants to engage the opposition parties on how to make the legislature function better.

week session, adding that some of its major promises will have to wait until next year.

"This is really about setting the tone and then beginning to build toward what will be our first budget in the spring."

He said a fiscal update that will shed light on the state of the province's books will also be released before the end of the year.

The financial forecast will be significant. McNeil has said he would only cut the harmonized sales tax if the province reaches surpluses that would make up for the lost revenue, meaning each percentage point cut in the

tax would require an estimated \$190 million in the black.

McNeil said he would amend if necessary a law the NDP government passed that requires one percentage point cuts to the HST next year and in 2015. The tax stands at 15 per cent.

Progressive Conservative Leader Jamie Baillie, whose party holds Official Opposition status with 11 seats, is promising to hold the government's feet to the fire on its campaign promises and is already critical of McNeil's intention to hold a short session of the house.

Baillie said problems dogging the economy such as outmigration and unemployment along with high taxes and power rates need to be addressed immediately.

"The Liberals campaigned making big promises in those areas," said Baillie.

Acting NDP leader Maureen MacDonald, whose party went from government to third-party status with seven seats, said she is willing to be more patient.

THE CANADIAN PRESS



Premier Stephen McNeil and his government will be presenting its first throne speech on Thursday.

ANDREW VAUGHAN/THE CANADIAN PRESS

## Province updates cervical cancer screening procedures

Cancer Care Nova Scotia has revised its protocols for cervical cancer screening.

Wednesday's announcement came after Nova Scotia experts reviewed a set of recommendations from the Canadian Task Force on Preventative Health Care.

"Our updated guidelines reflect increased knowledge

of how cervical cancer develops, and a greater understanding of the benefits and potential harms of screening," said Robert Grimshaw, a medical director with Cancer Care Nova Scotia, in a news release.

Changes to the screening guidelines include: what age to begin having Pap tests, what age to stop being tested

and how often to test based on age and screening history.

These guidelines will likely change further once researchers are able to collect and analyze additional data from human papillomavirus vaccination data from school-based immunization programs, said Grimshaw.

METRO

## Online

For more information on the new cervical screening procedures, go to [cancer-care.ns.ca/cervicalcancer-prevention](http://cancer-care.ns.ca/cervicalcancer-prevention).

## NDP. Party announces new caucus roles

NDP interim leader Maureen MacDonald has announced her caucus's critic portfolios heading into Thursday's return to the Nova Scotia legislature.

The party says in a release that Sterling Belliveau is the new whip, while also the critic for the departments of fisheries and aquaculture, transportation and infrastructure renewal, and natural resources.

Other notables include Frank Corbett continuing to be the party's house leader, while

former health minister Dave Wilson is the new caucus chair, while also the critic for health and wellness.

Denise Peterson-Rafuse is handling critic duties for education and early childhood development, economic and rural development and tourism.

The NDP goes into the new legislature as the third-place party and just seven members, which is down from the 31 they had as a majority government.

METRO

**16 AU 30 NOVEMBRE 2013**

**VENDREDI 29 NOVEMBRE**  
**SOIRÉE ACADIENNE**  
AVEC LES HAY BABIES, WELDON BOUDREAU ET UNISSON  
HEURE: 20 H  
ÉCOLE DU SOMMET, HALIFAX

**SAMEDI 30 NOVEMBRE**  
**40 ANS ...EN FÊTE!**  
AVEC L'ENSEMBLE VOCAL LES VOIX D'ACADIE  
HEURE: 20 H  
ÉCOLE DU CARREFOUR, DARTMOUTH

**FESTIVAL DES CULTURES FRANCOPHONES**  
Billets disponibles en ligne au [WWW.FRANCOFEST.CA](http://WWW.FRANCOFEST.CA)  
et au Conseil communautaire du Grand-Havre  
Téléphone: 902-435-3244  
[info@ccgh.ca](mailto:info@ccgh.ca)  
201, avenue du Portage, Dartmouth, N.-É. B2X

PREX: 15 \$ ADULTE 10 \$ ÉTUDIANT  
TAXES INCLUSES

**All together DOWNTOWN DARTMOUTH**

**Santa shops Downtown Dartmouth!**  
**Saturday November 30th • 11am to 2pm**

- Visit with Santa at the **Dart Gallery** • Carolers on Portland Street
- Free Cookie Decorating at **Caroline's Bakery** • Free Photo Booth at **Uptown Girl**
- Bring 2 sets of your old Christmas lights to **Santa Shops Downtown Dartmouth** and **Clean NS** and **Efficiency NS** will exchange them for one set of energy efficient LED Christmas lights
- For more information on the savings and festivities visit [www.downtowndartmouth.ca](http://www.downtowndartmouth.ca)





\*THE FIRST 300 IN LINE WILL RECEIVE UP TO \$300 OFF OR 25% OFF THEIR ENTIRE PURCHASE. OFFER APPLIES TO SELECTED MERCHANDISE FOR A LIMITED TIME AT H&M STORES IN CANADA. THE OFFER IS NOT VALID IN CONJUNCTION WITH ANY OTHER OFFER OR PREVIOUSLY PURCHASED MERCHANDISE. ITEMS SHOWN ARE NOT INCLUDED IN THE OFFER. AVAILABILITY MAY VARY BY STORE. VISIT [WWW.HM.COM](http://WWW.HM.COM) FOR STORE LOCATIONS. TERMS AND CONDITIONS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

# BLACK FRIDAY DEALS FROM \$5 1ST IN LINE GET UP TO \$300 OFF!\*

Visit [hm.com](http://hm.com) for store opening hours.



GIFTS AT H&M





Classified, left, and David Myles perform their hit song Inner Ninja at We Day at the Halifax Metro Centre on Wednesday. JEFF HARPER/METRO

## 'Unreal' experience at Halifax We Day

A handful of white lights sparkle in the middle of the Halifax Metro Centre, steadily spreading outwards until the whole stadium is filled with flashing lights and the ear-splitting cheers of thousands of students.

Over 8,000 youths from across Atlantic Canada plus hundreds of teachers and volunteers gathered in the city on Wednesday to hear inspirational messages of social change during the region's first-ever We Day, hosted by pop star Shawn Desman.

"It's been unreal, actually, it's really inspiring," said 18-year-old Ella Murphy of Charles P. Allen High School after watching speakers like Martin Luther King III, former governor general Michaëlle Jean and HRM's Lo-

gan MacGillivray, who began sending school supplies to Sierra Leone when he was nine.

"You always think of this stuff being so far away ... but then being here and seeing everyone around us doing it too kind of makes you realize it's not that difficult," Murphy said.

We Day co-founders Craig and Marc Kielburger electrified the crowd during their welcome speech, focusing on the message that "one voice does make a difference" and anything you can do to help those in a poorer country or your own backyard is worth it.

Craig illustrated how a tiny movement can create change by getting the kids in front of him to clap, activating the lights on their brace-

lets until the flashes spread to the next row, and the next.

"I liked Craig and Marc because they gave a strong message," said 11-year-old Jillian Delaney of Maryville, Cape Breton. "I just like the stuff that we get, so I want other people to feel that way."

Rapper Kardinal Offishall also performed, saying afterwards it's important to make kids aware of social issues now because they're forming their own opinions and values while adults are set in their ways.

"I want them to know we are so privileged over here, and ... there's a lot of people that could benefit so much from what we have access to, so never take it for granted," said Offishall.

HALEY RYAN/METRO



Some of the more than 8,000 schoolkids who attended We Day Wednesday. JEFF HARPER/METRO

### Quoted

"I knew ... that this crowd was going to be completely nuts, and they have not disappointed. They're in competition to be one of the loudest crowds at We Day ever."

We Day Halifax host Shawn Desman

## Rapper Classified takes own kids out of school for event

After a full day of speakers and performers from around the country, hometown hip-hop artist Classified closed out We Day Atlantic Canada.

Classified, a.k.a. Luke Boyd, said he was excited to get on stage and finally

perform in his own city, since he's appeared in three other We Day shows over the years.

"I took my kids out of school; I'm like, 'I want you guys to experience this, this is a great life message for any kid to see,'" Boyd said.

"It brings your eyes to the rest of the world."

Singer-songwriter David Myles, who joined Boyd on stage to perform their hit song Inner Ninja, said he couldn't believe the energy in the whole room.

"It's so nice to see kids of

all ages that are doing such positive things," Myles said.

He said the We Day message of kids helping out with local issues, as well as global ones, is "really cool" because they realize they can start making change at home.

Boyd said he was amazed by how many kids made the long trip.

"I'm getting tweets from kids like, 'Yeah I had to get up at 4:30 to get on a bus from Windsor up to here,' so that's crazy," said Boyd.

HALEY RYAN/METRO

### In their words

Some quotes from the We Day Atlantic Canada event held Wednesday at the Halifax Metro Centre.

### Quoted

"Now we've heard their story we can't say we didn't know."

Spoken-word artist Chris Tse on meeting children in poor parts of India

### Quoted

"This really reinforces that you have an impact on the world. It's just awesome."

Jamie Downs, a Grade 12 Charles P. Allen student

### Quoted

"I learned whenever you need support ... people will come forward to help you. Because of that, no task is too big."

We Atlantic Canada participant Logan MacGillivray

### Quoted

"The world can be overwhelming, but when we join together it gets a bit smaller."

We Day co-founder Craig Kielburger

### Quoted

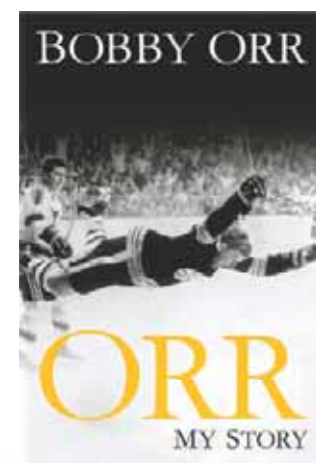
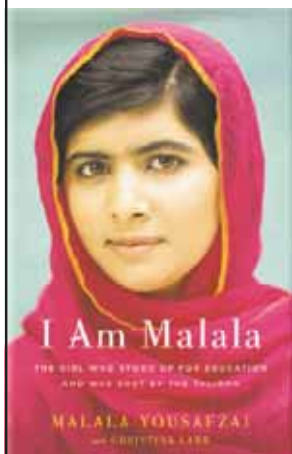
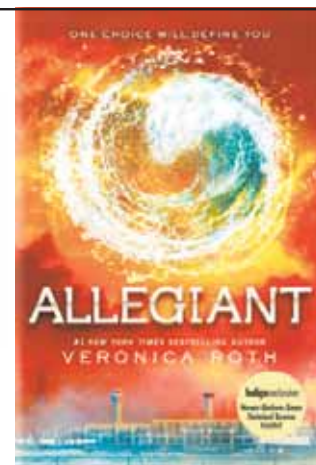
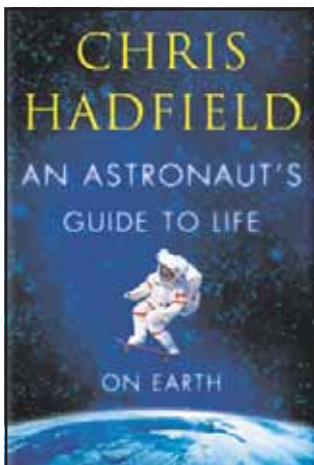
"There's an energy on this side of the country that you can't really compare to anywhere else.... We're proud to know how diverse Canada is because of a place like the East Coast."

Hedley lead singer Jacob Hoggard



Musician Kardinal Offishall plays to the Metro Centre crowd. JEFF HARPER/METRO





# BUY 3 GET THE 4TH FREE

## 4 DAYS ONLY

NOV. 28 – DEC. 1 • IN-STORE ONLY

BOOKS • GIFTS • HOME DECOR  
TOYS AND MORE

1000s MORE GREAT DEALS  
AT [INDIGO.CA](http://INDIGO.CA)

Indigo

Chapters

Coles

[indigo.ca](http://indigo.ca)

YOUR ONE STOP MAGICAL HOLIDAY SHOP

Offer valid in-store only from November 28 – December 1, 2013, or while quantities last, on in-stock, regular priced eligible items (including Indigo Bestsellers). Does not apply towards the purchase of LEGO Mindstorms and LEGO Friends products, electronics & electronic accessories, giftcards, memberships, CDs & DVDs, Rosetta Stone Interactive Learning Software or Indigo Love of Reading fundraising products or donations. Free item must be of equal or lesser value than the lowest priced qualifying item purchased. Not valid online or on kiosk orders. Offer not valid in conjunction with any other offer or promotion (excluding everyday rewards discount) and cannot be used to adjust amount paid on previous purchases. Offer may change or end at any time without notice. Indigo, Chapters and [indigo.ca](http://indigo.ca) are trade marks of Indigo Books and Music Inc.



**THROWAWAY  
THURSDAY**

**MAKE  
ROOM  
FOR  
BLACK  
FRIDAY**

It's Throwaway Thursday! Gather your gently used items and donate them in support of Clothesline® Canadian Diabetes Association on Black Friday, November 29. The first 250 people to donate on Black Friday get a gift card.\* Pick up your donation kit at Guest Services.\*\*

**BLACK FRIDAY  
NOVEMBER 29  
DOORS OPEN AT 7AM**



**MIC MAC MALL**

\*For offer terms and conditions, please visit Guest Services or see micromall.com.  
\*\*Donation kit not necessary for participation.



Motorists head down Barrington Street in Halifax on Wednesday. Sgt. Dave Reynolds of the Halifax police's traffic enforcement unit says distracted driving is now his top priority. JEFF HARPER/METRO

## Cops cracking down on distracted driving

**National Safe Driving Week.** Top traffic officer stresses dangers of texting while driving



**RUTH  
DAVENPORT**  
ruth.davenport@metronews.ca

The head of HRM's traffic enforcement unit says distracted driving is now the number one issue on his priority list.

"We could spend, as a traffic division, all day every day just trying to enforce distracted driving and I still don't think we could get ahead of it," said Halifax Regional Police Sgt. Dave Reynolds.

National Safe Driving Week launches Monday, and Reynolds said local motorists

### One thing at a time

**"Driving gets underestimated a lot of times in terms of what it requires."**

Susan Steeves of RightLane Driver Training

should put down sandwiches, cigarettes and especially mobile devices to focus on the road.

He said texting and emailing behind the wheel are particularly dangerous because so many drivers do it with their phone in their lap.

"I'm not a supporter of talking (while driving), but the fact is that most people talking now ... at least their head is up," he said.

The owner of RightLane Driver Training, Susan Steeves, said drivers are increasingly

letting work or home obligations distract them from safe motoring habits.

"If you look at your work day, it's the same.... Complete that task, mentally move to the next thing, because we're now a society of productivity," she said. "Driving is not one of those things that you want to be doing other things at the same time."

Although the physical movements may be well-honed, Steeves said driving requires mental and emotional stamina as well — something many experienced drivers tend to dismiss.

"If you've just come out of a board meeting, or you've just had a fight with your boyfriend or your girlfriend and you jump in the car, you are not emotionally ready and equipped," she said.

### Allstate Insurance survey

## Halifax above average: Stats

Ahead of National Safe Driving Week, Allstate Insurance released a survey suggesting Nova Scotia drivers recorded a lower rate of collisions than their counterparts in New Brunswick, Alberta and Ontario over the last two years.

The survey results are based on the "frequency of collisions per 100 cars insured by the company."

Metro readers who re-

sponded to the results via Facebook were skeptical. Here's a sampling of responses:

"They're good drivers but their lack of attention needs a little work."

— **Alyssa Brown**

"Good drivers? what crack are they smoking? Outside of Halifax I don't have too many issues but in the city on the other hand is a different story."

— **Jared MacKenzie**

"I used to work in tourism. We'd take customers from other parts of the world (to) downtown Halifax and

frequently I'd get comments about how we stopped for people to cross.... And if you tried that in their hometown you'd get killed.... Now this was six years ago.... But I think we are ok. Not particularly great. But not awful either."

— **Taylor Dignan**

"I couldn't get through a morning of near misses if I tried — between the Bedford Highway, the Windsor Exchange, and streets downtown ... there are plenty of (opportunities) for collisions."

— **Jason Matthews**



# Student comes to aid of choking teacher

## A real class act.

Maggie Langille knew what to do thanks to First Aid course

A North Colchester High School teacher is lucky to be alive today and he has a student to thank.

During a lunch break at the Tatamagouche school on Monday, teacher Garnett Nickelo found himself in a bit of trouble and was grateful student Maggie Langille came to his rescue.

Nickelo was eating a roast beef lunch in his homeroom while battling a cold.

"I am forced to breathe through my mouth because of the cold and I must have eaten and breathed in at the same time and it got lodged," recalled Nickelo. "I tried to swallow and couldn't. I had a drink of water but I knew it wasn't working so I put my head down to think it through ... then I looked at Maggie because I knew she'd know what to do."

Langille, a Grade 11 student, and a handful of other students were eating their lunch in Nickelo's homeroom that day, a common occurrence in the school.

"I saw him take a sip of water and put his head down. I asked, 'You OK?' and he shook his head no. I asked, 'Do you need the



Garnett Nickelo, a teacher at North Colchester High School in Tatamagouche, is grateful that Grade 11 student Maggie Langille knows first aid.  
TRURO DAILY NEWS

## Quoted

"It could happen to anyone (and) it speaks volumes that a lot of adolescents have a good head and are responsible when it matters."

Garnett Nickelo

Heimlick?' and he said yes," said Langille, 16, of The Falls.

She said the manoeuvre only took about 10 seconds before the stuck food was freed from Nickelo's throat.

"I didn't expect to have to do that. I still get overwhelmed thinking about it ... just the fact he could have died," said Langille, who had Nickelo as a teacher last year

and will have him as a math teacher next semester.

"He's always just so sturdy and seeing him so vulnerable was scary. Afterward, I sat on the floor and cried."

However, in the moment, Langille was calm and knew what to do.

She credits that to a first aid course she took in Grade 6. **TRURO DAILY NEWS**

## 60-year-old hit

### Woman struck by car crossing road

There's been another car-pedestrian accident in HRM.

Just after 7:30 p.m. Tuesday, Halifax Regional Police say a 60-year-old woman was hit by a car while walking at a marked crosswalk at the intersection of Dunbrack Street and Main Avenue in Fairview.

The victim was taken to hospital by ambulance with non-life threatening injuries.

The driver of the car, a 48-year-old woman, was ticketed for failing to yield to a pedestrian in a crosswalk.

**METRO**

## Port Hawkesbury. Couple charged in fisherman's death committed to stand trial

A husband and wife charged in connection with the disappearance and alleged killing of Cape Breton fisherman Phillip Boudreau have been committed to stand trial.

A preliminary inquiry was held today in Port Hawkesbury provincial court for Carla Ann Samson of D'Escousse.

The 38-year-old woman is charged with being an accessory after the fact.

Her 43-year-old husband, Dwayne Matthew Samson, is charged with second-degree murder in Boudreau's death.

His preliminary inquiry was held Tuesday.

Both are due in Nova Scotia Supreme Court on Dec. 6 to have trial dates set.

Boudreau vanished June



RCMP at the wharf in Arichat on June 3 in this file photo.  
CAPE BRETON POST

1, the same day his boat was found overturned in Petit-de-Grat harbour.

His body has not been found. Two other people face charges in the case.

**THE CANADIAN PRESS**

eastlink

## Black Friday Smartphone Sale

Limited time only.

SAVE  
\$100\*

SAMSUNG  
GALAXY S4™  
\$79  
with easyTab<sup>plus</sup>



PLUS other great smartphones starting at \$0

eastlink.ca/wireless

\*Regular price of Samsung Galaxy S4™ is \$179 with easyTab™. Certain conditions apply. Monthly device payment applicable for customers who purchase devices with easyTab™; varies by device. Visit eastlink.ca/wireless for full details.



An activist is detained in Moscow in 2009. As the Winter Olympic Games in Sochi approach, Russia has been saying a law banning homosexual "propaganda" does not discriminate against gays. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

# Kremlin ups its anti-gay stance

**Prime-time broadcast.** Government-controlled channel demonizes gay couples as part of homophobic rhetoric ramp-up

Anyone who switched on Russian TV recently might have been forgiven for thinking the Kremlin was relaxing its hard line on gays: Images of rainbow flags and a happy same-sex couple looking adoringly at their child flashed across the screen.

But the show, with its horror-film music and judicious camera work, was another swipe at the gay

## State homophobia

**"There is always Russia for Russians and then Russia for the West."**

Anton Krasovsky, Russian journalist fired from a Kremlin-controlled TV station after coming out as gay, talking about the government's double standard on its domestic anti-gay stance ahead of the Sochi games

community — not a gust of tolerance. The force behind it is one of Russia's top propagandists, whose programs have helped to bring criminal charges against others on President Vladimir Putin's unofficial black list.

The prime-time broadcast on state television points to the double-game the Kremlin is playing on gay rights.

To the West, as it prepares to host the Winter Olympics, Russia has sought to extend reassurances that a law passed this summer banning homosexual "propaganda" does not discriminate against gays. To its domestic audience, the government has ramped up the anti-gay rhetoric, unifying its fraying electoral base with a popular refrain of traditional values.

"In order to make people interested in the government, it chose what it thinks are topics close to the people, like this one (the gay issue)," said Anton Krasovsky, a journalist who was fired after he came out as gay on air at a Kremlin-controlled TV station.

THE ASSOCIATED PRESS

# Flash, boom in the sky not an alien invasion

A Canadian expert says a bright flash of light accompanied by sounds of a booming explosion in parts of Canada were probably made by a "good-sized fireball."

Numerous people posted Twitter messages reporting a blue flash and a thundering boom in the Montreal and Ottawa areas Tuesday evening.

Quebec provincial police also received several calls.

Peter Brown, a physics professor at Western University in London, Ont., said the fact there was sound usually indicates something penetrated deeper into the atmosphere.

"That's often associated with things that may have made it to the ground," he said in a telephone interview Wednesday.

"It's certainly consistent with the effect we would expect for a relatively good-

sized fireball that might produce meteorites."

Brown said he would not be surprised if meteorites landed somewhere on the ground.

He also said it would be difficult to speculate about the size of the fiery object because of a lack of infor-

## Not a flying saucer

**'It's certainly consistent with ... a relatively good-sized fireball.'**

Peter Brown, physics professor at Western University in London, Ont., talking about numerous reports in Ontario, Quebec and New York State of a flash in the sky followed by a loud explosion sound.

mation.

The university has a network of about a dozen video stations that watch the sky all night looking for bright meteors.

Brown, who researches

meteors and comets, said it was cloudy and overcast Tuesday night and that no meteor was spotted in data that was collected.

"These (cameras) are concentrated in southern Ontario, although we do have cameras as far north as the Kingston area," he said.

But Brown suggested that the fireball may have been far enough away in the sky that none of his cameras were able to record the event.

One person in St-Lazare, west of Montreal, said she heard what sounded like a huge garbage truck rumble past her house for a few seconds.

A television station in Plattsburgh, N.Y., near the Quebec border, reported receiving numerous phone calls reporting what sounded like an earthquake.

THE CANADIAN PRESS

## Spain

### Pianist acquitted of noise pollution

A Spanish court has acquitted a 28-year-old concert pianist on charges of causing noise pollution and psychological damage to a neighbour.

The court in Girona absolved professional pianist Laia Martin and her parents of both charges, according to a ruling issued Tuesday.

The court's decision said her neighbour's claims were unreliable and exaggerated.

THE ASSOCIATED PRESS

## Where else?

### Man robbed of \$2.7 million in cash at Moscow airport

Russian police say armed men in camouflage outfits robbed a man at Sheremetyevo Airport on Wednesday of a bag reportedly holding \$2.7 million.

A police statement says the passenger was waiting for security guards after landing before dawn Wednesday from Istanbul.

THE ASSOCIATED PRESS

## Saskatchewan

### Scammer gets a year in jail

A man has been sentenced to a year in jail after admitting he swindled dozens of Saskatoon renters.

Jason Hartlen, 33, lured potential tenants to a house he didn't own, then cashed deposits before his victims caught on.

Hartlen pleaded guilty on Tuesday to 33 counts of fraud under \$5,000 and was ordered to pay \$80,000 in restitution.

THE CANADIAN PRESS

**Red is my favourite colour.**

**Santa Arrives**  
November 30 at 10am

Don't miss the fun - colouring contest, prizes and special treats for all the kids! Photos with Santa are FREE again at Mic Mac! For your convenience, we'll email them to you directly!

OUR BIG YEAR

MIC MAC MALL

f t

H&M PANDORA AÉROPOSTALE HUDSON'S BAY Justice BCBGMAXAZRIA



THURSDAY, NOVEMBER 28

# TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER \$99

See below for details.



Save \$150  
**\$99.99**

Regular \$250

**TOMMY HILFINGER**  
wool peacoat or stadium jacket

Peacoat (left) features a detachable lining  
and is available in black, grey, navy or burgundy.  
Stadium jacket (right) is available in black or grey.

**Plus, 50% off**  
other men's casual outerwear



See below for details.



Save \$55  
**\$19.99** Regular \$75  
**Men's CALVIN KLEIN**  
leather touch gloves  
for smart phones and  
screens Choose from 4 styles.



# HUDSON'S BAY

Be the first to know about our One Day Sales – sign up at [thebay.com](http://thebay.com) or follow us on:  

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. Men's casual outerwear is from our casual outerwear department and excludes items with 99¢ price endings. **FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes: furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

## Rob Ford. Judge allows release of 'significant' new police drug case data

More information on the "extensive" police investigation into disgraced Toronto Mayor Rob Ford should be released as it is of "very significant public interest," a judge ruled Wednesday.

Portions of the police document that were previously released showed former staffers alleged the mayor was intoxicated at work, drank while driving and associated with suspected prostitutes.

The document, containing allegations not proven in

### Quoted

**"The actions of the mayor are a matter of very significant public interest and concern."**

Justice Ian Nordheimer

court, was filed in the drug case of Ford's friend Alexander Lisi, though it mostly focuses on the mayor. The actual release is on hold until Dec. 6. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford has denied consorting with prostitutes and insists he is not an alcoholic or drug addict. CHRIS YOUNG/THE CANADIAN PRESS

## Ford. U.S. sheriff shocked

A U.S. sheriff who has just charged a town mayor with drug offences said Wednesday it's a head-scratcher why crack-smoker Rob Ford is still in office — and out of jail.

Gordon Smith, a sheriff from Bradford County in Florida, said he's watched

the Ford scandal unfold with amazement. "He's so flamboyant, he's out there, he's kind of smearing it in Torontonians' faces"

Smith said he wouldn't put up with illicit drug activity, regardless of who is involved. **THE CANADIAN PRESS**

# Generic 'hillbilly heroin' green-lit in Canada

**Banned in U.S.** Ottawa officials approve generic painkiller oxycodone despite warnings from experts south of the border

Health Canada has approved a more dangerous, generic, form of oxycodone just as U.S. officials urge their Canadian counterparts to ban such formulations of the painkiller, which is often known as "hillbilly heroin."

The green light to Ranbaxy, India's biggest drug maker, came soon after Gil Kerlikowske, director of the White House Office of Drug Control Policy, reminded Health Minister Rona Ambrose of the dangers posed by the generic forms of the opioid.

The U.S. has banned generic oxycodone because it's too easy for addicts to snort or inject. Only tamper-resistant forms of the drug can be sold stateside.

American officials say the U.S. is dealing with a painkiller abuse epidemic that is killing tens of thousands of people a year.

Ambrose hinted last month she was looking into the issue of tamper-resistant and signalled the government would expand its



Oxycodone is often referred to as "hillbilly heroin." The U.S. warns about its generic form. GRAEME ROY/THE CANADIAN PRESS

national anti-drug strategy.

She added the Tories are also attempting to tighten licensing rules that would help prevent the trafficking of addictive prescription drugs.

Health Canada defended itself, saying it "rigorously" assesses every drug's safety and efficacy.

"These decisions are made by experts in the department based on science; the minister is not consulted on day-to-day drug approvals," said spokesperson Leslie Meerburch. **THE CANADIAN PRESS**

### Fast facts

#### What you need to know about oxycodone.

- **What is it?** A powerful narcotic used to treat moderate to severe short-term or long-term pain, as well as to treat terminally-ill patients.
- **What does it do?** It produces an opiate-like effect similar to morphine and can lead to abuse.

- **Brand names?** OxyContin, Percocet, Endocet, Oxycodone, Percodan, Endodan, Oxycodan, Supeudol, OxyLR, OxyNEO.

- **How is it abused?** Generic forms of the drug can be chewed or crushed and then inhaled or injected. The oxycodone is then absorbed rapidly and produces a heroin-like euphoria.

## EXTENDED BLACK FRIDAY Sale



# NOVEMBER 27-30 PICK A PRESENT

WHEN YOU PURCHASE ANY IN-STOCK VEHICLE AT



**OREGAN'S**  
DRIVING HIGHER STANDARDS

**NISSAN  
HALIFAX  
DARTMOUTH**

**HALIFAX**  
3461 KEMPT ROAD • 902-453-2020

**DARTMOUTH**  
60 BAKER DRIVE, UNIT C • 902-469-8484

**PRESENTS VALUED UP TO \$2000\***

\*When you purchase any in-stock vehicle. See O'Regan's Nissan for details.



# Syrian refugees sexually harassed: Report

**Lebanon no safe haven.** 500 cases have been reported against women, UN says

Women refugees from Syria are being sexually harassed by employers, landlords and others in Lebanon, adding another layer of suffering for those who have

fled their homes in search of safety, an international human-rights watchdog said Wednesday.

In a report, Human Rights Watch said most of the incidents have gone unreported to local authorities due to the women's fear of reprisals by the abusers or arrest for not having a valid residency permit.

Lebanon is the biggest recipient of Syrians fleeing the

## Quoted

**"Women who have fled death and destruction in Syria should find a safe haven, not sexual abuse, in Lebanon."**

Liesl Gerntoltz, women's rights director at the New York-based group Human Rights Watch

nearly three-year civil war, which has killed more than 100,000 people and displaced millions. The country of 4.5 million people has taken in more than 1 million Syrian refugees, straining its resources.

Many Lebanese have opened their homes to them, but there are underlying tensions and, as the numbers swell, the Syrians often face hostility.

THE ASSOCIATED PRESS



A Syrian refugee woman sits next to her baby at a school playground where she lives with her family and relatives temporarily in Lebanon. THE ASSOCIATED PRESS

## Latvia supermarket collapse. PM resigns



Paintings hang on a fence in front of the Maxima supermarket in Riga, Latvia, where a collapse killed scores of people. THE ASSOCIATED PRESS

Latvia's prime minister resigned Wednesday in the wake of supermarket collapse that killed 54 people and provoked outrage among the Baltic country's citizens.

Valdis Dombrovskis' unexpected announcement, which automatically triggers the fall of the entire centre-right government, followed his meeting with President Andris Berzins.

"Considering the ... tragedy and all the related circumstances, the country needs a government that has a majority support in parliament and can solve the situation that has arisen in the country," Dombrovskis told journalists after

meeting the president.

Police have opened a criminal investigation into the cause of last week's tragedy. Possible explanations for the disaster include a flawed design, substandard construction materials, and corruption.

Some people have suggested that the abolition of a construction authority by Dombrovskis' budget-slashing government weakened oversight.

Many Latvians have expressed deep skepticism that the guilty parties will be bear of criminal liability and have gone so far as to demand that foreign engineers be invited to help the investigation.

THE ASSOCIATED PRESS



## TAX-FREE SHOPPING

AbyTal Gift Shop	Coconut Creek	Laura Superstore	Simmons Mattress Gallery
Addition Elle	Ecko Unltd	Le Chateau	Stokes
Aldo	Fairweather	Life SalonSpa	Take It Outside
Alia N' TanJay	Garage	Melanie Lyne	Telus
Ardene	Globo Shoes	Mexx/Mexx Kids	Three Dog Bakery
Bombay	Hallmark	Ricki's	Tommy Hilfiger
Bowring	Icing by Claire's	Roots	Tweed & Hickory
Chatters	International Clothiers	RW & Co.	Wheaton's
City Streets			Wicker Emporium

2 for 1 Dessert, ela! Greek Taverna

1lb Wings & 12oz Draught \$9.95, Seamus David's Pub

### THE VILLAGE SHOPS

AT DARTMOUTH CROSSING

## WIN FREE GAS FOR A YEAR!

Like us on Facebook to enter!

Retail value: \$1000. See online for contest details.

**EVERYTHING YOU WANT - EVERY OCCASION**

DARTMOUTHCROSSING.COM

\*At participating stores. Some conditions may apply; see in-stores for details.

**HARBOUR VISTA**  
APARTMENTS

NEW BUILDING

**One and Two Bedroom Apartments from \$900/Month.**  
Includes infloor heating, h/w, balcony, 6 appliances.

**Occupancy NOW or later**  
**ONE MONTH FREE RENT**

5 corners near downtown. Harbourvista Apts.

222 Portland St • 809-2221 • [www.harbourvista.ca](http://www.harbourvista.ca)



designer **depot**

the latest looks for less

Doors OPEN  
7AM  
Fri Nov 29!

# BLACK FRIDAY DOORBUSTERS

November 29 - December 2

STARTS TODAY!  
STOREWIDE  
SAVINGS

up to

**80%**  
OFF\*



**CANADA**  
weather gear  
DESIGNED IN CANADA  


**SUPER TRIPLE GOOSE**

**\$50**

Compare at \$150

Limit 1 Per Customer. While Quantities Last!

**DOORBUSTER**

**FREE SCARF**  
With Any Outerwear Purchase \$40.00+  
Coupon must be present at time of purchase. While supplies last.  
Valid between 11/29/13 to 12/02/13  
Coupon code 420121122226

**LOOK FOR MORE DOORBUSTERS!**

[designerdepot.ca](http://designerdepot.ca)



designerdepot  
the latest looks for less

SHOP 7AM - 10PM

# ONE DAY SALE

## FRIDAY NOVEMBER 29, 2013

# DOORBUSTERS

CRAZY  
\$10

GET HERE EARLY, WHILE THEY LAST  
INTRODUCING ONE DAY SALE  
DEALS OF THE DAY



**\$10** Women's  
Velour Tops or  
Bottoms  
Get the SET for \$20!  
each Compare at \$39.99



**\$10** Women's  
Sweaters  
each Compare at \$80



**\$10** Men's  
Fleece  
Jackets  
each Compare at \$40



**\$10** Women's  
Active  
Fleece  
Jackets  
each Compare at \$60



**\$10** Women's  
Fleece  
Jackets &  
Lounge Pants  
each Compare at \$40



**\$10** Character  
Fleece  
Hoodies  
each Compare at \$19.99



**\$10** Women's  
Athletic  
Fleece  
Hoodies  
each Compare at \$19.99



**\$10** Women's  
Athletic  
Pants  
each Compare at \$19.99

SHOP  
EARLY!

Mic Mac Mall  
21 Mic Mac Blvd  
Dartmouth, Nova Scotia  
902.705.0149

STARTS NOV 29.  
LIMITED TIME ONLY!

designerdepot  
the latest looks for less

\* The comparable value on the price tickets or signs show you the price either department or specialty stores in Canada charge or would likely charge for the same or comparable value item. Discount is taken from the CMV/Compare At prices. Selection by store may vary. Some exceptions may apply.





THE BIG BLACK BOW EVENT

BLACK FRIDAY  
SAVINGS\*\*

ALL WEEKEND LONG

NOV 29 | NOV 30 | DEC 1  
FRI 8AM - 10PM | SAT 8AM - 10PM | SUN 10AM - 6PM

## PARTICIPATING RETAILERS

SILVER BOW OFFERS  
(15% OFF / TAX FREE)

Ardene  
Bizou  
Calendar Club  
Claire's  
GNC  
Go Games 'n Toys  
Lawtons Drugs  
Motherhood Maternity  
Nevada Bobs  
Peoples Jewellers  
Rainbow Nails  
Reitmans  
Sport Chek  
Town Shoes  
The Vault

RED BOW OFFERS  
(20% OFF)

Aldo  
BellAlliant  
Ben Moss Jewellers  
Bikini Village  
Butler Opticians  
Carlton Cards  
The Children's Place  
Eclipse  
Envy  
Foot Locker  
Kellys Luggage  
Little Burgundy  
Metalsmiths Sterling  
Naturalizer  
Pseudio  
Ricki's  
Samuel & Co.  
Showcase  
SoftMoc  
Think Kitchen

BLACK BOW OFFERS  
(25% OFF OR MORE)

American Eagle  
Banana Republic  
Bentley  
Boathouse  
The Body Shop  
Call It Spring  
Charm Diamond Centres  
Cleo  
Crescent Gold & Diamonds  
GAP  
GAP Kids  
Garage  
Halifax Watch Company  
Head Shoppe  
HS Studio Salon Spa  
Laura Secord  
L'Occitane  
Mobilinq  
New York Designs  
Northern Reflections  
Pearle Vision  
Penningtons  
Personally Yours  
PINK  
Quilts Etc.  
Regis Salons  
Rockport  
Roots  
RW&CO.  
Silverstone  
Sirens  
Smart Set  
Sunglass Hut  
Victoria's Secret

HALIFAX  
SHOPPING  
CENTRE

\*With the purchase of a \$100 Halifax Shopping Centre gift card for the first 250 visitors between 8am & 9:30am on Saturday, November 30.

\*\*At participating stores only. Certain conditions and restrictions may apply.

BONUS  
\$20 gift card  
offer on Nov 30\*

## Giant Louis Vuitton suitcase booted out of Red Square

Tourists and visitors pass by a two-storey Louis Vuitton suitcase erected near the Kremlin, right, at Red Square in Moscow, Russia, Wednesday. Politicians didn't like it, the public didn't like it, so the gigantic Louis Vuitton suitcase is being booted out of the square. The GUM department store, left, which is responsible for the nine-metre-high, 30-metre-long construction, promised Wednesday that it would be dismantled. The construction is part of an exhibition called The Soul of Travel, marking Vuitton's 150th anniversary and was to open on Dec. 2. Louis Vuitton said the construction was a copy of a model owned by a Russian noble, Prince Vladimir Orlov. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

## Berlusconi kicked out of Parliament

## Not going quietly.

Former premier has relaunched his Forza Italia party and he still commands millions of loyal supporters

The Italian Senate on Wednesday expelled three-time ex-premier Silvio Berlusconi from Parliament over his tax fraud conviction, ending his two-decade legislative run for now, but not his political career.

Berlusconi has warned that the unprecedented move would embarrass Italy

## Bitter words

"We are here on a bitter day, a day of mourning for democracy."

Silvio Berlusconi

internationally, and he maintained his defiance even as the Senate voted, addressing a cheering crowd outside of his Roman palazzo a short walk away.

Even though he won't hold a seat in Parliament for at least six years, the 77-year-old Berlusconi pledged to remain involved in politics and urged his followers not to despair — noting that other political leaders are not lawmakers.

Supporters, including Berlusconi's 28-year-old girlfriend, who had a Forza Italia flag wrapped around her shoulders against the cold, were treated to a video montage of Berlusconi's greatest political hits from a career that began in 1994 when he first came into power with a political party named for a soccer chant — Let's Go Italy.

"For us, he will always be there," said Marilda Antonello as she held a banner reading: "The law is not equal



Silvio Berlusconi and his girlfriend Francesca Pascale leave after he addressed a rally in Rome, Wednesday. ROBERTO MONALDO, LAPRESSE/THE ASSOCIATED PRESS

for everyone. Sick justice."

The Senate vote on whether to remove Berlusconi from the chamber stems from a 2012 law that bans anyone sentenced to more than two years in prison from holding or running for public office for six years. His lawyers claim the law is unconstitutional and have questioned why there's a rush to expel

him while legal challenges are still pending.

Italy's high court on Aug. 1 upheld Berlusconi's tax fraud conviction and four-year prison term. The prison term was reduced automatically to one year under a general amnesty; he will serve his time either under house arrest or through public service.

THE ASSOCIATED PRESS



NOVEMBER 27<sup>TH</sup> TO DECEMBER 2<sup>ND</sup>

# BLACK FRIDAY

*sales event*

**ENDS THIS MONDAY!!**

**BRAND NEW 2014**

**RAM 1500 SXT 4X4 QUAD CAB**

INCLUDES 5.7L HEMI - WAS: \$40,190

**CRUSH!**

LEASE  
FOR:

**\$389**

/MO\*

**LOWEST PRICE  
IN CANADA!**



INCLUDES  
**\$1500**  
LOYALTY, CONQUEST  
TRADESMAN  
BONUS CASH†

**WE BUY BIG!  
YOU SAVE BIG!**

**CANADA'S LOWEST PRICES! CANADA'S LOWEST PRICES!**



PAYMENT  
INCLUDES  
**SNOW  
TIRES**

**2014 CHRYSLER 200 LX**  
**UNBELIEVABLE VALUE!**

WAS \$21,790

**\$16,995** **\$119** **\$0 DOWN**



PAYMENT  
INCLUDES  
**SNOW  
TIRES**

**NEW FIAT 500'S**  
**ONLY AT STEELE CHRYSLER**

WAS \$17,495

**\$13,495** **\$89** **\$0 DOWN**



**2014 GRAND CARAVAN**  
**UNBELIEVABLE VALUE!**

WAS \$30,150

**\$17,995** **\$65** **\$0 DOWN**



CHRYSLER DODGE JEEP

44 BEDFORD HWY  
Halifax, NS  
PH: 982-3982  
TF: 1 (877) 394-2751  
[www.steelechrysler.com](http://www.steelechrysler.com)

**CRUSH!**

BAYERS LAKE  
Halifax, NS  
PH: 482-8126  
TF: 1 (877) 394-1634  
[www.halifaxchrysler.com](http://www.halifaxchrysler.com)



\*Price is plus freight, taxes, fees, vehicle options and accessories. RAM truck and/or Grand Caravan must be financed with dealer. \*\*Price includes freight, fees & snow tires subject to availability. Taxes are additional. \$15,500 RAM rebate requires purchaser to currently own or lease a pickup truck or have a valid tradesman's certificate. †Lease payment is plus tax.



# Australian court finds Toronto ballerina was killed by angry lover

**In a fit of rage.** Simon Gittany convicted of throwing Lisa Harnum to her death after discovering her plans to return to Canada

The day before Scarborough ballerina Lisa Harnum plunged to her death from a 15th-floor balcony in Australia, her mother pleaded with her to come home and escape her abusive lover.

Harnum, 30, a former student at Dr. Norman Bethune Collegiate, planned to take that advice, but stayed one more day in her Sydney apartment with her fiancé, 40-year-old Simon Gittany.

Gittany was convicted of murder on Wednesday in a Syd-

ney court as Harnum's mother, Joan, looked on, clutching a doll believed to have belonged to her daughter. Gittany's sentencing is scheduled for Feb. 5.

Justice Lucy McCallum accepted the prosecution's contention that Gittany threw his fiancée off their balcony on the morning of July 20, 2011, in a fit of rage after he discovered she planned to return to Canada.

Harnum was remembered as a gentle, positive person in an online tribute page by friends, including Alex Melconian, who knew her at Dr. Norman Bethune. In an interview, Melconian remembered her as "always very positive. She had a great smile."

After Harnum's mother heard the verdict, she told reporters the case is a "powerful wake-up call to young women — and to parents, siblings and

## Remembering Lisa

**"She loved to dance. She was a ballerina but not only a ballerina. (She loved) dancing in general. ... She cared a lot for people."** Alex Melconian, friend of Lisa Harnum

friends of these women — to be aware of the warning signs of a controlling relationship and to take a proactive approach to assisting them."

Joan Harnum said there are no winners in this case and that "two families have had their lives dramatically changed forever."

On the morning of her death, Harnum had packed a suitcase and was trying to leave for home, but Gittany discovered her plans and dragged her back into their apartment, the court heard.

A hidden pinhole security camera in the apartment build-

ing showed Gittany grabbing Harnum and dragging her back into their apartment just 69 seconds before her death.

Another hidden camera in an elevator showed him apparently overcome by grief after Gittany fell to her death.

In his defence, Gittany painted his former partner as suicidal and said she "lost her footing" after climbing over the balcony's glass balustrade railing. He said he was attempting to pull her to safety when she fell, but police reported there were no fingerprints on the balustrade.

TORSTAR NEWS SERVICE

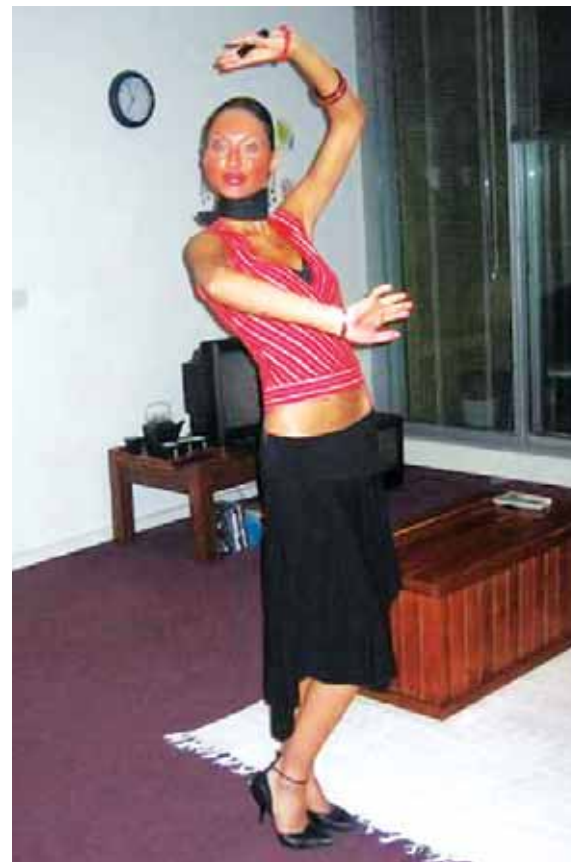


Photo of Lisa Harnum from a tribute page set up for family and friends to gather, share their memories and celebrate the life of Harnum. CONTRIBUTED

## Kid hacker gets 18 months probation

A Montreal hacker who was just 12 when he crippled several provincial government websites and shared information in exchange for video games has been sentenced to 18 months of probation.

The 14-year-old pleaded guilty in October to attacks that occurred in 2012 at the height of Quebec's student protests.

The group for which he acted, Anonymous, was particularly vocal against the then-Liberal government.

A series of attacks targeting government-related web-

sites ensued under a campaign dubbed "Operation Quebec" in response to the law, which has since been repealed.

The young man's identity is protected under youth laws.

On Wednesday, the Crown and defence recommended the probation sentence.

The Crown also said \$265,904.09 was incurred in financial losses by three parties: the Montreal police, its employee credit union and the Quebec Institute of Public Health.

In some cases, there were

denial-of-service attacks, rendering web pages unavailable. In other cases, home pages were altered and data seized and traded.

The boy's lawyer said the attacks weren't politically motivated and that his client wasn't old enough to grasp just how much damage his actions could cause. The accused had earlier told the court his main motivation for trading data was to obtain video games.

Youth court Judge Michele Lefebvre agreed, saying the actions were not of a criminal but

of a young man who couldn't have known the extent of the consequences.

Lefebvre told the accused she thought the sentence was reasonable and is the best way of assuring he does not offend.

The teenager, who has no prior record, has been subject to strict rules over the past 18 months as his case wound its way through the court.

"I wish you good luck and hope not to see you here again," Lefebvre told the accused.

THE CANADIAN PRESS

## Political crossfire

### Conservatives shoot down study of bullets' impact on environment

The federal government has cancelled a tender for a study on the environmental impact of lead shot and bullets that was issued earlier this month by Environment Canada, but which immediately ran into opposition from shooting groups.

Tony Bernardo, spokesman for the Canadians Shooting Sports Asso-

ciation, called the study complete nonsense — a perspective shared by the Conservative government.

Paul Calandra, parliamentary secretary to Prime Minister Stephen Harper, has told the Commons the tender is dead, calling it a waste of taxpayers' dollars.

Calandra says the government will continue to support hunters and sport shooters.

Bernardo dismissed the study as little more than another effort to make things difficult for firearms enthusiasts.

THE CANADIAN PRESS

**Bedford Place Mall**

bedfordplacemall.com

Your Place for ...



# INTERNATIONAL CLOTHIERS BLACK FRIDAY SALE

**STARTS TOMORROW!**



**STOREWIDE**  
**BUY 1**  
**GET 2**  
**FREE**

\*Buy 1 item, get a 2nd and 3rd of equal or lesser value FREE. On select styles.  
\*Discount is taken from the original "compare at"/CMV prices



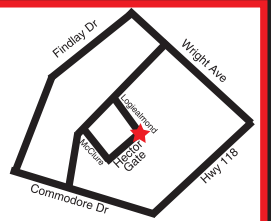
**DOOR CRASHERS**  
**4 DAYS ONLY!**



**Starts**  
**Tomorrow**  
**7AM**

**INTERNATIONAL CLOTHIERS**  
**4 DAYS ONLY!**  
**Friday - Saturday - Sunday - Monday**  
\*some exceptions may apply \*selection varies by store \*while supplies last \*see store for details

**93 Hector Gate**  
**Dartmouth Crossing**  
**902-468-7422**



# Racism threatens to drive business owner out of town

For the second time in several months, a restaurant owner in the small Manitoba community of Morris says she is being chased out of town by discrimination.

Thea Morris, the Jamaican-born owner of Thea's Diner, said Wednesday she has received an email referencing the Ku Klux Klan and has been told by one of her customers that people are avoiding her business because she is black.

And since the KKK email, some customers have been behaving strangely, she said. People who appear to be in their 50s and very well dressed come in, in groups of two or three, and quickly leave.

"They'll come in and sit down and order their beverage to start, and by the time you'd take the beverage to

## The town of Morris

**"One older gentleman told me the reason people were not coming into my restaurant was because of my colour."**

Thea Morris, the Jamaican-born owner of Thea's Diner.

them, they would get up and walk out," Morris said.

She opened her diner in June, in the exact same spot that used to house Pots N Hands, which was run by a gay couple.

Pots N Hands owner Dave Claringbould and his partner closed down in April. He said they were subjected to homophobic slurs, including one customer who asked whether the food contained disease.

Morris, who lives in Winnipeg, said she had hoped things would be different for her. Business was good in the summer, but customers mostly stopped coming at the end of August, she said. Then a series of strange events had her worried for her safety.

Someone left a dead hawk on the windshield of a worker's car, she said. When she placed an online ad for restaurant staff, she received a reply from someone who claimed to be linked to the Ku Klux Klan and who asked whether Morris residents were "still chasing colours" out of town, she added.

In recent weeks, business has all but dried up, she said. She has given notice to her landlord that she plans to leave by the end of December.

THE CANADIAN PRESS



People stand in front of a metal structure that buckled on part of the Itaquero Stadium in Sao Paulo, Brazil. Part of the stadium that will host the 2014 World Cup opener collapsed on Wednesday, causing significant damage and killing two people, authorities said. NELSON ANTOINE/THE ASSOCIATED PRESS

# Deadly collapse at World Cup opening venue

**Brazil.** The Sao Paulo stadium, which cost nearly \$360 million, is expected to seat nearly 70,000 for the opener

## Construction

It wasn't the first problem with World Cup stadiums in Brazil.

- One worker died during construction of a stadium in the capital Brasilia last year and another in the Manaus venue in March.
- In April, another worker

died at the construction site of the new Palmeiras stadium.

- In Rio, the stadium which will host athletics in the 2016 Olympics has been closed for several months because of fears that its roof could collapse.

Part of the stadium that will host the 2014 World Cup opener collapsed Wednesday, killing two workers and aggravating already urgent concerns Brazil won't be ready for soccer's signature tournament.

Brazil has been plagued by a series of setbacks including cost overruns, stadium delays, accidents, labour strife and massive street protests in the run-up to the June tournament, once envisioned as a coming-out party for South America's largest nation, which is also scheduled to host the Olympics in 2016.

Wednesday's accident at Sao Paulo's Itaquero Stadium occurred when a construction crane crashed into a 500-ton metal structure that in turn cut through the outer walls of the venue.

Already, public prosecutors and a workers union in Sao Pa-

ulo were demanding an investigation into conditions at the venue.

Ricardo Trade, CEO of the local World Cup organizing committee, said authorities would determine if there is a need to suspend construction.

"There are seven months till the World Cup, not 10 days, so I don't believe this is going to cause delays. But there is absolutely no guarantee on this," Trade said in a telephone interview.

The accident could lead to recriminations between local organizers and world soccer's organization FIFA, which has set a December deadline for all 12 World Cup stadiums to be

ready. The tournament begins June 12.

"I don't want to know about FIFA right now; we are worried about the families of the victims," said Andres Sanchez, former president of the Sao Paulo soccer club Corinthians, which is building the stadium. The club said workers will not return before a three-day mourning period.

One of the workers, 42-year-old Fabio Luis Pereira, was inside a truck that was hit by the metal structure. The other, 44-year-old Ronaldo Oliveira dos Santos, was resting in an area which was supposed to be off-limits.

THE ASSOCIATED PRESS



## Graduate Programs Open House

Meet the faculty. Engage with students and staff, and discover your future path with one of the following degrees:

- Master of Business Administration (MBA)
- Executive MBA (EMBA)
- Master of Finance (MFin)
- Master of Management, Co-operatives and Credit Unions (MMCCU)
- Master of Applied Economics (MAE)
- Master of Technology Entrepreneurship and Innovation (MTEI)

November 28<sup>th</sup> 11:30-1:30, 5:00-7:00  
Saint Mary's University, Sobey Building, 4th Floor





# Take the Corolla Challenge

## COROLLA VS. CIVIC

**The best compact car? NO CONTEST.**

The new 2014 Corolla is bold, exciting and like you've never seen it before.

We're so confident that if after test-driving the Corolla, you still buy a Honda Civic,

**we'll give you \$250.**

We're putting our money where our mouth is.

Only at O'Regan's Toyota.

See dealer for details  
on this limited time offer.



**O'REGAN'S**  
DRIVING HIGHER STANDARDS

TOYOTA  
DARTMOUTH  
HALIFAX

HALIFAX  
3575 Kempt Road  
453-2331

DARTMOUTH  
60 Baker Drive, Unit A  
464-9550

[OREGANSTOYOTA.COM](http://OREGANSTOYOTA.COM)



# Beijing cracks down on pollution one barbecue grill at a time

**China.** Country's concern about particulate pollution from open-air barbecues criticized on social media sites

Beijing is waging a controversial war against air pollution.

Authorities in the capital have destroyed more than 500 open-air barbecues "to cut PM2.5" — the tiny particulate matter in the air that can enter deep into the lungs.

Photos carried by state media showed workers on Tuesday cutting pieces of metal with sparks flying as city wardens looked on.

Citizens online ridiculed the exercise, suggesting authorities should focus on bigger sources of pollution.



Chinese police observe as a worker breaks down confiscated open-air barbecues in Beijing's war to tame PM2.5 pollution. THE ASSOCIATED PRESS

A media officer at Beijing's Xicheng district administration bureau said the hundreds of barbecue

grills were confiscated over a three-month campaign and cut up so they couldn't be used again. She refused to

give her name, as is common with Chinese officials.

Environmental campaigner Ma Jun said residents had

complained to environmental agencies about the odour and smoke from open-air barbecues. THE ASSOCIATED PRESS

## Environmentalist

### Vehicle emissions 'should be priority'

"This action will help local residents, but to deal with the bigger air-quality problem we need to have priorities and I think one of the major priorities should still be the motor-vehicle emissions," said environmental campaigner Ma Jun.

He said the focus should be on improving the fuel quality and emissions control of heavy-duty diesel trucks, while involving surrounding regions, not just Beijing. THE ASSOCIATED PRESS

# Tough sentences in Egypt's crackdown

Egyptian authorities on Wednesday took a heavy hand against both Islamist and secular opponents, handing down heavy prison sentences to a group of female supporters of the ousted Islamist president — including teenagers as young as 15 — and ordering the detention of two dozen secular activists, all for participating in protests.

The moves mark what critics say is a bolder determination by Egypt's military-backed government to silence dissent, continuing a crackdown on Islamists since the military's ouster of President Mohammed Morsi, while suppressing secular activists who supported his removal but also accuse the new leadership of restoring a system as autocratic as Morsi's toppled predecessor, Hosni Mubarak.

Images from the courtroom in the Mediterranean city of Alexandria showed 21 young female defendants in white head scarves and white prison uniforms, handcuffed.

Among them were seven



Supporter of ousted president Morsi in the prisoner's dock in Alexandria. THE ASSOCIATED PRESS

teenagers aged 15 and 16, who were sentenced to prison terms until they turn 18.

The rest — age 18 to 22 — were sentenced to 11 years in prison.

A day earlier saw the beating and dragging of secular activists on the ground during a protest outside parliament.

Police detained 14

women, then drove them in a van through the desert where they were dropped off on a remote road in the middle of the night in a move to intimidate them, several of the women said.

The crackdown is rearranging Egypt's political map after months when authorities were focused on crippling Morsi's Muslim Brotherhood.

The resulting crisis threatens to fragment the loose coalition of liberal and secular groups that supported the military in its removal of Morsi.

At the centre of the crisis is the law issued this week banning any protests or public political gatherings of more than 10 people without a prior police permit, imposing stiff fines and jail terms for violators.

Authorities say the law is needed to rein in continuing pro-Morsi protests and restore stability in a country rocked by constant unrest since the 2011 ouster of Mubarak. Islamists reached out to the secular activists Wednesday. THE ASSOCIATED PRESS

Nothing is more important than protecting your family.

Prearrange your funeral before December 25th and save 10%\*

- Receive an introductory 1 year free membership\* to CARP "Canada's New Vision of Aging" with many benefits courtesy of Dignity Memorial;
- 7 year payment plans at 0% interest;
- Earn Air Mile Reward Miles to reward yourself for protecting the ones you love;
- Avoid inflation by locking in today's price.

Most important ensure your wishes are carried out and avoid emotional overspending.

Call the only CARP Approved funeral services provider.

A.L. Mattatall Funeral Home • 461-0700

Cruikshank Funeral Home • 423-7295

J.A. Snow Funeral Home • 455-0531



\*CARP Dignity Affinity Partner 10% discount provided as part of free membership. Existing CARP members receive an additional year membership is CARP courtesy of Dignity Memorial.

Helping families like yours and ours since 1883.



Focus on commerce

## Pushing 'economic diplomacy' top priority for Canada

The Harper government says it wants Canadian diplomats in foreign countries to re-channel their energies and resources into advancing the country's commercial interests.

Trade Minister Ed Fast has laid out a new strategic direction for Canada's foreign service called "economic diplomacy," a plan that's designed to put commerce at the heart of foreign policy.

THE CANADIAN PRESS

Home mortgages

## Consider phasing out CMHC insurance: IMF

Ottawa should consider phasing out insuring home mortgage through Canada Mortgage and Housing Corp., the International Monetary Fund said Wednesday.

THE CANADIAN PRESS

Random biz fact of the day

# 16%

There has been a 16 per cent growth in part-time positions, year over year.

WORKOPOLIS

# Zip line over alligators, vultures and crocs, oh my!



Hold on tight! Ava Martin zip lining over an alligator lagoon at the St. Augustine Alligator Farm. BRENDAN FARRINGTON/THE ASSOCIATED PRESS

**Take a ride on the wild side.** One of Florida's oldest tourist attractions brings in adrenaline junkies with obstacle course

I was slowly crossing a swinging log bridge when I paused, sensing the alligator 12 feet below was staring at me.

The water around the 8-foot gator's enormous body began rippling rapidly. A second later, Big Al let out a deep bellow, as if to say, "If

Quoted

**"The most amazing, awesome thing I've done ever."**

Ava Martin, 53, who lives just north of St. Augustine. She and her 21-year-old son Corey were taking the course for the second time.

you fall, you're my lunch."

I was grateful to be strapped in a harness.

The bridge was part of a 49-station obstacle course that includes 10 zip lines at the St. Augustine Alligator Farm. It takes visitors over crocodiles, lemurs, giant tortoises, vultures and, of course, lots of alligators.

"It's just a totally different perspective. You can go to any zoo in the world and look at them through the glass, but you can't go anywhere and look at them over the top of the enclosures like you can here," said Scott Brown, who designed and now manages the Crocodile Crossing at the zoo.

The alligator farm is fascinating enough on foot. At 120 years old, it's one of Florida's oldest tourist attractions and it is the only zoo in the world that displays all 23 crocodilian species, including the nearly extinct Philippine crocodile.

THE ASSOCIATED PRESS

Market Minute



**DOLLAR**  
94.38¢  
(-0.59¢)



**TSX**  
13,362.06 (+12.29)



**OIL**  
\$92.30 US (-\$1.38)



**GOLD**  
\$1,237.80 US (-\$3.60)

Natural gas: \$3.91 US (+3¢)  
Dow Jones: 16,072.33 (+24.53)

# A new career. A better life.

## Call now for spring start dates



800-550-6516  
Maritimebusinesscollege.ca

- ✓ Veterinary Assistant
- ✓ Travel and Hospitality
- ✓ Small Business Management
- ✓ Medical Office Administration
- ✓ Paralegal
- ✓ Accounting
- ✓ IT Specialist

**Complete your program in just 52 weeks!**







# Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 19

metronews.ca/temp

## Kitchen nightmares

**There's no pay, but you can have all the abuse you want**

Would you do a job where you weren't paid, were endlessly berated, forced to use dangerous equipment and denied proper medical help? Welcome to the life of a kitchen apprentice in the cutthroat culinary scene.

At times, it's like a real-life *Kitchen Nightmares* episode where even the most seasoned staff are berated to the point of tears.

"It is common for some cooks to be thrown under the bus by others because they don't want to look bad," one Toronto sous-chef explains of his early days in the industry.

IRENE KUAN/METRO



## Seasonal work

**Santa: The ultimate temp**

Seasonal work as Santa pays up to \$100 an hour, according to a PayScale survey. But all that non-stop cheeriness can take a toll. One Santa told the *New York Post* he wasn't able to leave his chair to go to the bathroom and got hit in the head with a frying pan by a scared child.

VAWN HIMMELSBACH/FOR METRO

# Temp Hits an All-Time Low

**D**o you have a special place you go to when you're at an all-time low? Some people have a place, me I just drive and drive, past the strip malls, past the light industrial zones and past the fallow fields. After watching Kyle enter the refinery I began thinking of the world and how it's changed, even in my short life. Countries like Greece that used to be normal countries, now gutted of their middle class and overnight turned into something new and nameless, a land with no economy but with pretty good coffee and smoking hot Wi-Fi. I got to thinking of bubbles—how all we do these days is lurch from bubble to bubble. Are we in a new bubble? Is the bubble about to burst? I'm afraid of bubbles and I'm sick of bubbles—and yet I'm addicted to bubbles. Go figure.

I drove past the under-construction subdivisions that died in 2008, their 2x4s turned the grey colour of moths. I wondered if we're addicted to the idea that society without a middle class isn't really society. I wondered if maybe back in the days of Detroit, jumbo refrigerators and the Beatles we tricked ourselves into thinking that the middle class equals the future—and without a middle class we can't see pictures in our heads of what tomorrow might be. I find it strange how politicians repeat the words 'middle class' over and over and over again, as if doing so

will allow us to pretend it still exists, that it's not evaporating daily like a puddle on a road.

Night came and I was anywhere and nowhere when my phone buzzed—it was Mr. Xu—he was back in town! And he had his big surprise all ready for me at his short-term corporate lodging suite. I couldn't remember the last time I was ever happier to get a text.

I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.

"Ah, hello capitalist lapdog. You be ready for grand surprise?"

"Shut up! I can't believe you're back!" I gave him a smooch and said, "Okay, dial me in. I am ready for your big surprise, buster."

"Apologize in advance if not good enough."

**I drove to The Executive Privilege Short-Term Corporate Lodging, and ran to room 307 where the nerdy but lovely Mr. Xu awaited me.**



## Random biz fact of the day

**21%**

That's a lot of people lying: 21 per cent of resumes state fraudulent degrees

SOURCE: NEXCAREER

## The clock is ticking



PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

**TEMP is... well, temporary**

Douglas Coupland's 20-day novella is a pop-up project and will disappear from our website this Monday at 12:01 a.m. EST. If you've missed an instalment, there are still four days to catch up at temp.metronews.ca — before it is gone forever.

METRO

"Show me your surprise!"  
"Very well."

A dropcloth concealed what was supposed to be the main living area. Mr. Xu pulled it back and I bathed in the majesty of what I saw.

He said, "Pretty kickass sexy, don't you think?"

I sucked in some breath and said, "Mr. Xu, you have truly amazed me."

Before me, in beautiful rows and shelves, lay over a thousand unique pairs of sneakers that would crash eBay in a flash if they all went up for sale at once.

TO BE CONTINUED...

## Random fact of the day

- DiedInHouse.com supposedly scours millions of records to find out whether someone has died at a specific address. Real Estate agents hate it because a 'stigmatized property' can lose 10 to 15 per cent of its value.

SOURCE: OMG-FACTS.COM



# Do you have the whole story on your investments?

**Get a Scotiabank® Second Opinion**  
and have your investment questions answered.

[www.scotiabank.com/secondopinion](http://www.scotiabank.com/secondopinion)

® Registered trademarks of The Bank of Nova Scotia.

You're richer  
than you think.®

**Scotiabank®**



# TIPS ON (COUGH) HACKING A COLD

Don't you hate when co-workers get over-tailed when describing their colds?

For instance, I've got a cold that started with a throat so sore that ice cream went down like broken glass and broken glass went down like jagged steel. Then it morphed into a sinus headache that I'm sure — any scientist reading can back me up — involved a small, angry man inside my head moshing to Shipping Up to Boston. And now it's the sneezy stage where I'm moulding a mound of used tissues into the mountain from Close Encounters of the Third Kind in the hopes that aliens will take me to a planet where the common cold has been defeated.

Who needs to hear that level of detail? Nobody.

Fortunately, my co-workers haven't had to worry about it because I've been on my couch for two days wishing I had a girlfriend who would come cuddle me and/or kill me with an axe.

I've stayed home because I'm not one of those office heroes who somehow believes they contribute while laying comatose at



HE SAYS

**John Mazerolle**

metronews.ca

their keyboard, occasionally blowing their nose with the mouse pad. I figure my one-day absence has less impact than a particularly diverting Google doodle spreading throughout the newsroom.

During my down time, I've been reading how to avoid office colds. So in the fine tradition of has-been goaltenders telling current NHLers what they're doing wrong, or failed politicians explaining how to get elected, here are my tips on avoiding office illness:

**Quitting Colds, Turkey: A Guide to Office Health**

- Hand sanitizer is a misnomer, and can be used all over your body. Stepping under the wall dispenser and acting out a Miley Cyrus video until you're saturated head to toe will keep you disinfected AND keep your co-workers at a good distance for the rest of the day. Win-win.
- Licking your workspace clean hurts as much as it helps.
- Remember that Vitamin C only works in conjunction with magnetic bracelets, garlic, echinacea and, sure, why

not, Reiki.

- Though many people use sanitizing sprays, remember nothing gets your keyboard clean like dropping it into a bucket of water.
- Keep your hands clenched as fists so that every time you touch your face you punch yourself.
- A large hamster ball is probably not a practical way to corral yourself off from co-workers, but it would be awesome.
- Remember that in the bathroom, a 15-second, hot-water scrub is absolutely necessary when somebody is watching. If you think you're alone, waving your hands under lukewarm water for a second is fine. If the only other person is in a stall, just running the water is often enough to complete the illusion.
- Cough in the face of people who are already sick, because what's the harm?

And those are my tips. I hope you found them helpful, particularly my co-workers, because I'm coming in today. Sorry. On the upside, you're not going to hear any details about my cold. Cough, cough, ahem.

## ZOOM

### Here, let me give you an arm with that



COURTESY DYSON

#### Man and machine get a little cosier

Think super-human strength is reserved for the big screen?

A team of engineers are encouraging you to think again after they developed the Titan Arm — a battery-powered robotic arm that gives users an extra 40 pounds in strength, and functions to rehabilitate those with back injuries by helping them to rebuild muscle and motor control. **METRO**

#### Dyson award winner

- The arm recently won the 2013 James Dyson Award, beating out 650 other projects from around the world.
- The team wins \$45,000 to help commercialize their idea, with an additional \$15,000 going to their school.
- [jamesdysonaward.org](http://jamesdysonaward.org)

#### Inexpensive design

**"Titan Arm is obviously an ingenious design, but the team's use of modern, rapid — and relatively inexpensive — manufacturing techniques makes the project even more compelling."**

James Dyson said of the \$2,000 prototype, which is significantly less than similar exoskeletons that run \$100,000.

#### Tech advances make life easier

A team of four University of Pennsylvania mechanical engineering students spent eight months creating it.

The arm's shoulder is made of three joints that mimic the rotation of a human elbow, allowing for free range of use.

Plus it contains sensors that track motion and relay data to doctors for remote prognosis.

**METRO**

#### Clickbait



**HANNAH ZITNER**

[hannah.zitner@metronews.ca](mailto:hannah.zitner@metronews.ca)

With Wi-Fi popping up everywhere from underground subways to in-flight planes, there's more reason to put your apps to work. Once the domain of cash-strapped students, texting over Wi-Fi's been gaining popular ground (cause who doesn't like saving money on their phone bills?). Before your next flight or trip underground, give these a try.



CONTRIBUTED

#### WhatsApp:

Works on Apple or Android phones, WhatsApp is among the most popular and lets you send texts (including pictures) to your other 'whatsapp friends.' Only downside is, you have to convince all your pals to get the app, too.

#### Viber:

Similar to WhatsApp, but lets you

send audio, video and even make VoIP calls, too. Perfect for long distance pals.

#### Zipclip:

For those who need a little more bandwidth for their texting needs, Zipclip (as it sounds), lets you zip videos up to five minutes long, so you're no longer restricted to texting 30 second videos. Also, keeps them secure. Just in case.

#### Twitter

@metropicks asked: @thehappycity book says urban design that fosters social ties makes for a happy city. What makes your city a happy one?

@Canucklehead\_ca: An ample supply of beer and .... umm, I .... I'll have to get back to you on this.

@Lowpass: being able to walk everywhere and the restaurants, bars and other venues that come with that.

Follow @metropicks and take part in our daily poll.

#### Comments

**RE: When A Stalker Strikes Online, published Nov. 26**

I'm appalled the police can't do anything faster or sooner. Can't believe what this poor woman has been through, first with her brother's suicide and now this. It's just awful. This stalker should be prosecuted so they can't follow through with their threats. **KH posted to metronews.ca**

Hiding behind a computer to threaten someone shows you're a real wimp, pretty pathetic and probably a low life. **turtles have a say posted to metronews.ca**

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)





## SCENE 2

# Playing it loud and clear

**Fundraiser.** Event for Scott Jones takes theme of tolerance, love and compassion to the streets



**BACKSTAGE PASS**  
Jenna Conter  
halifax@metronews.ca

Turning something terrible into something positive takes a community, support and courage.

All of which will continue to surround Scott Jones Thursday night as Gottingen Street opens up to stand up for intolerance.

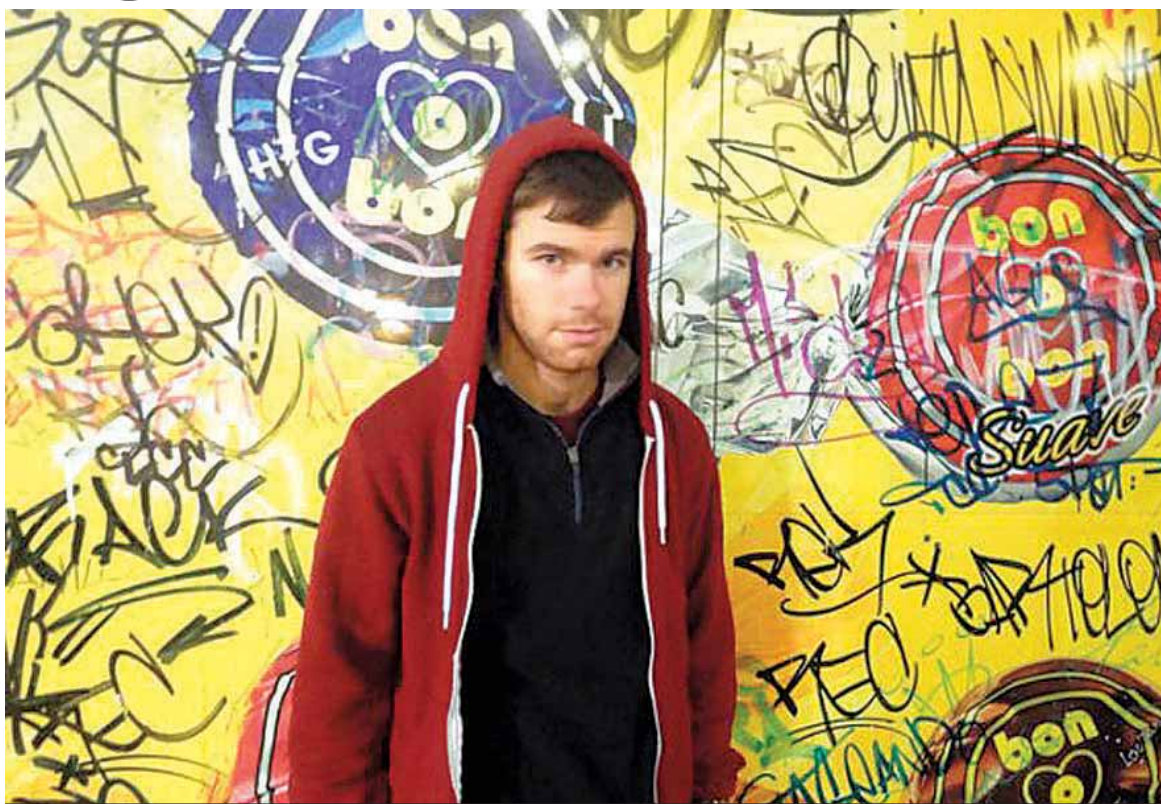
A New Glasgow musician, Jones was attacked over the Thanksgiving weekend while out with friends in the Nova Scotia town.

Those close to Jones believe that the vicious attack, which left Jones paralyzed from the waist down, was carried out because he is gay.

For close friend, Georgia Richards, as someone who works for the music industry in Halifax and someone who is part of the gay community, in addition to knowing Scott personally, this meant that she had to do something about it.

"I asked some of my friends in the music industry to jump on board and create some sort of large, community-based event," she said.

An invitation to participate in a music event that will not only raise funds for future medical care for Jones, but support a collective voice against intolerance, was something Paper Lions' drummer David Cyrus MacDonald could not ignore.



New Glasgow musician Scott Jones. CONTRIBUTED

## Quoted

**"It's not just about supporting Scott, it's about standing up against intolerance and letting people know not to be afraid."**

Paper Lions' drummer David Cyrus MacDonald

Paper Lions, who will hit The Marquee Ballroom stage at midnight, are just one of the over 40 artists taking to the seven venues during this one night.

"I immediately wanted be involved," said MacDonald, who knows Jones. "It's not just about supporting Scott,

it's about standing up against intolerance and letting people know not to be afraid. I'm confident that this concert will raise a lot of money, but I'm also hopeful that it can get this message out there."

As for the location, Gottingen Street was hand selected by Richards, assistant man-

ager of The Company House, just one of the venues hosting a portion of the street-wide concert celebrating the diversity housed along what Richards refers to as the "cultural hub of the Maritimes."

"It's where ethnicity and race and religion, wealth and poverty meet — including sexuality and music and art. In that our programming is very reflective of this diversity."

As for the man of the night:

"He is honestly one of the bravest people I have ever met," said Richards. "He is facing this head-on and not with fear but with zest for getting

## Go to the show

- **What.** Gottingen Street for Scott Jones
- **When.** Thursday night
- **Where.** Venues throughout Gottingen Street
- **Tickets.** Ticketpro.ca

back to normal life and learning what that will look like."

To support Scott Jones, visit: [SupportScottJones.com](http://SupportScottJones.com).



**Bedford Place Mall**

[bedfordplacemall.com](http://bedfordplacemall.com)

Your Place for ...

# BLACK FRIDAY SHOPPING

November 29th





# Brolin's a tough guy on and off the screen

**Gulp.** Oldboy star gained 28 pounds in 10 days, then lost it all again for role in gritty thriller



**NED  
EHRBAR**  
Metro World News in Hollywood

The catering staff at the press junket for Spike Lee's update on Oldboy has laid out a spread almost entirely made up of different kinds of dumplings, and Josh Brolin does not think that's very funny. (The dish is featured prominently in the film as one of the only things Brolin's character is allowed to eat during his mysterious 20-year imprisonment.) "I ate, I'd say, probably 200 dumplings or something

like that," he says.

Oldboy asked a lot of Brolin's body in that his character goes from a bloated alcoholic to a lean and mean tool of vengeance after his imprisonment. Of course, he didn't have 20 years to pull off the transition. "It was more about water retention, so I gained 28 pounds in 10 days, and then I lost 22 pounds in two and a half days. And then going through that and all the cramps of that, I was rehearsing the fight at the same time, which was not smart. So I pulled a lot of muscles and stuff that I'm still dealing with now."

That fight he's talking about is quite a doozy, an update on the original Korean film's single-take tracking shot of the film's hero taking out an army of goons

with just his bare hands and a carefully deployed hammer. So obviously for the remake they had to up the ante a bit.

"That was five weeks of prep, and it was difficult, to say the least," Brolin says. "The fight, I think, is at least three times longer than the original fight. I was having a really tough time in the

beginning, and then I panicked. And then I started working out a lot — like two hours in the morning and two hours at night between 12-hour days. So I wasn't sleeping a lot, which I think lent to the movie, too, because I was more emotional, I was more on edge, I felt more exposed, vulnerable, whatever."

That level of self-abuse paid off, apparently. "We did it in seven takes, and the seventh take was the one," he remembers. "I walked away after that and had a little moment to myself, had some tears and was just happy that a 45-year-old dude was able to pull that off. It was a geriatric moment that I had."

**Worth the pain?**

**"I'll never do it again because it killed my body."**

**Josh Brolin**

On losing weight while training for fight scenes in Oldboy



Josh Brolin plays Joe Doucette in Spike Lee's newest film, Oldboy.  
HILARY BRONWYN GAYLE/FILMDISTRICT PICTURES/THE ASSOCIATED PRESS

**EVERYTHING FROM PLAIN CHEESE TO MEAT LOVER'S SUPER SUPREME.**

**WE'VE GOT A USED CAR FOR YOU.**

12 MONTH FREE WALKAWAY PROTECTION  
6 MONTHS/10,000KM WARRANTY  
COMPREHENSIVE INSPECTION  
7-DAY/1500 KM EXCHANGE  
\$500 GRADUATE REBATE

**oregans.com**

CHANCE TO BUY TRADE-INS BEFORE THEY GO TO AUCTION  
SOLD AS IS WITH NO WARRANTY/INSPECTION  
WHOLESALE PRICING

**FLIGHT CENTRE®**  
*The Airfare Experts*

**BLACK FRIDAY SALE**

Exclusive deals 2 days only – Nov 29<sup>th</sup> & 30<sup>th</sup>  
Call Friday for all details | 866 967 5402

Conditions apply. For full terms and conditions of all Black Friday sale offers speak with a Flight Centre travel consultant.



# While my guitar gently weeps: Book shows off some of rock 'n' roll's best tear-jerkers

**Call her Baby.** 108 Rock Star Guitars book celebrates beloved instruments and their battle-axe beauty

Sometimes, a picture is worth a thousand songs.

The supersized book 108 Rock Star Guitars (Glitterati Inc.) demonstrates that six-stringed instruments owned by celebrities and virtuoso sidemen can look as good as they rock. The 17-year undertaking by photographer Lisa S. Johnson partly benefits the Les Paul Foundation. Paul, the Rock Hall musician-inventor, wrote the foreword before he died.

Not a guitar geek? Don't fret.

Whether you define "pickup" as a truck, a dating technique or a guitar part, you can revel in the glitz-and-grit world where these prized possessions reside. The instruments (one's named Baby) evoke tender talk from macho musicians. But some of these battle-axe beauties have seen more action than a roller derby queen: They bear the gashes and sweat stains to prove it.

The author, who grew up in a musical family, underscores musicians' emotional attachment to their instruments.

Steve Vai, who went solo after playing with Frank Zappa's band, once described his guitar as "the voice of my heart" in moments of depression, euphoria and "divine love. ... I have cried, screamed, prayed and bled through that instrument."

The book lauds the instrument-makers, called luthiers, and the techs, along with the guitars.

Pawnshop wallflowers blossom into unbridled stardom. There are kaleidoscopic, patriotic and wildcat patterns; gorgeous maple and mahogany; and delicate carvings of leaves and acorns.

Some seem to revel in musical masochism, like Slash of Guns N' Roses' cigarette carelessness. As the story goes, the guitarist was "one with the music" while accidentally inflicting a "charred reminder of rock 'n' roll nirvana" on his

guitar.

John Rzeznik (Goo Goo Dolls) resurrected a broken Stratocaster into a 4-string. The word "OUCH!" is splayed over its torso; it's now named Halfcaster.

"I was amazed when I threw the guitar in the air and the top portion split right off," Rzeznik recalled via email. "I had my gui-

P. Rose curator in charge of the Department of Musical Instruments at The Metropolitan Museum of Art in New York City. "They become sounding, tangible works of art — telling many stories of the life and times of those who used them," he said.

When his Mom made young Nils Lofgren a Nehru

## Sentimental attachment

**"I don't believe any serious musician feels that his instrument is an inanimate object."**

Tom Scholz, founder of the band Boston told author Lisa S. Johnson

jacket and bell-bottom

pants out of drapes, he proudly stuck leftover fabric on his guitar so it matched his new suit.

The book also features a famous, battered Fender Esquire owned by Lofgren's boss, Bruce Springsteen.

Willie Nelson's Trigger, named for movie-cowboy Roy Rogers' horse, bears dozens of autographs, in-

cluding Leon Russell, Roger Miller, Kris Kristofferson, Gene Autry, Waylon Jennings and Johnny Cash. Trigger's top is worn clear through; Nelson chooses to leave it that way. "The two of them," notes the book, "continue to mature together." Life partners in perfect harmony.

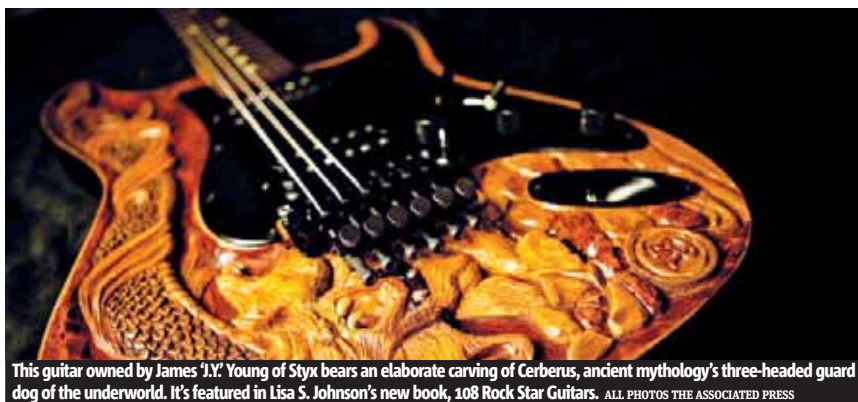
THE ASSOCIATED PRESS



tar tech take it to a luthier in L.A. who sanded off the rough edges and fixed the electronics.

"I used it on a song called Big Machine for a couple years after that. Surprisingly, the tone didn't really change; it was a cheap guitar that didn't sound that great to begin with. Ha ha!"

The appreciation of instruments as visual art is an age-old concept. They "may evoke status, identity, or indicate events — sacred or profane," comments J. Kenneth Moore, the Frederick



This guitar owned by James 'J.Y.' Young of Styx bears an elaborate carving of Cerberus, ancient mythology's three-headed guard dog of the underworld. It's featured in Lisa S. Johnson's new book, 108 Rock Star Guitars. ALL PHOTOS THE ASSOCIATED PRESS

## Ticket to rock 'n' roll heaven



Activist-musician Tom Morello (Rage Against the Machine) scrawled jarring jargon over drawings of happy hippos on his axe.



Willie Nelson's guitar, Trigger, has a hole worn through it, and is inscribed with dozens of autographs.



ZZ Top's Billy Gibbons' guitar is covered with fake fur.



John Rzeznik of the Goo Goo Dolls resurrected a broken Stratocaster into a 4-string, named Halfcaster





Alec Baldwin

## Baldwin loses his talk show but is still 'half' defiant over anti-gay slurs

Alec Baldwin has lost his talk show, which was officially cancelled by MSNBC in the wake of multiple controversies involving the former 30 Rock star, but Baldwin is still looking to set the record straight about what he may or may not have said to a photographer when he used an anti-gay slur. "I dispute half the comment I made," Baldwin tells the website Gotham-

ist. "'F---t' is not the word that came out of my mouth. That I know. But you've got the fundamentalist wing of gay advocacy — (GLAAD communications VP) Rich Ferraro and (blogger) Andrew Sullivan — they're out there, they've got you. Rich Ferraro, this is probably one of his greatest triumphs. They killed my show. And I have to take some responsibility for that myself."



Jennifer Love Hewitt

## Hewitt's baby-marriage double kept on down low

Jennifer Love Hewitt likes to keep things quiet. The former Ghost Whisperer star gave birth to a daughter, Autumn James Hallisay, on Tuesday, and her rep used the birth announcement to sneak in

the fact that Hewitt has also quietly married fiancé Brian Hallisay. "Jennifer Love Hewitt and her husband, Brian Hallisay, are thrilled to announce the birth of their daughter," her rep tells Us Weekly.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Thanksgiving holiday conversations: The celebrity version



THE WORD  
Dorothy Robinson  
scene@metronews.ca

What do the rich and famous do over the American Thanksgiving break? I have a feeling they are doing something fabulous and not doing what we do — hanging out in the townie bars in our hometown drinking cheap domestics with people from high school.

However, what if they did? For this special edition of The Word, Metro staffers imagined what kind of discussions the rich and famous have at their hometown hangs.

"Oh ... Kelly and Michelle ... Hi! Um, how long have you guys been bartending here?" — **Beyoncé**

"So, do you text?" — **Anthony Weiner**

"I don't know, y'all. Have I made enough of a statement this year that I am finally a woman?" — **Miley Cyrus**

"Guys, I know it's not like me to walk away from a fight, but if I get nabbed one more time for beating somebody up, I'll go away for a long time. Now, let's just chill, get another pitcher of Miller Lite and play some Keno." — **Chris Brown**

"Oh man, bro, last time I saw you, we were, what, in middle school? Can't believe it's been five years!" — **Justin Bieber**

"Wait, what?! You prefer the dark meat? Oh, hell no! Bartender, keep the White Russians comin' sugar ..." — **Paula Deen**



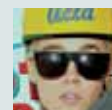
Frankie Muniz ALL IMAGES GETTY

## Frightened Muniz suffers another mini-stroke

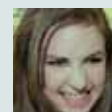
At 27 years old, Frankie Muniz isn't having the best time, health-wise. "Almost a year to the day, I experienced another mini-stroke," Muniz posted to Twitter. "Hopefully that will be the last. Miserable." A mini-stroke consists of tiny lapses in blood flow to the brain.

Last year he related to Good Morning America how frightening the experience can be: "I couldn't say any words," he said. "I thought I was saying them. My fiancée was looking at me as if I was speaking a foreign language."

### Twitter



@justinbieber  
Surfing and sunshine. Loving the Gold Coast.



@lenadunham  
Secret of human existence: I totally think I'm the worst, just for different reasons than you do



@SarahKSilverman  
It's all meaningless but don't let yourself get hung up on that

**SUPER**  
Spend  
YOUR POINTS  
EVENT!

SPEND  
38,000 POINTS  
AND GET UP TO  
**\$70 OFF\***

THAT'S  
AN EXTRA  
**\$10**

SPEND  
50,000 POINTS  
AND GET UP TO  
**\$105 OFF\***

THAT'S  
AN EXTRA  
**\$20**

SPEND  
95,000 POINTS  
AND GET UP TO  
**\$210 OFF\***

THAT'S  
AN EXTRA  
**\$40**

**FREE**  
feels good  
Optimum

Visit [shoppersdrugmart.ca](http://shoppersdrugmart.ca) or the store nearest you for details.

\*Some conditions may apply. See store for details. Offer valid November 30 & December 1, 2013 only.

**SHOPPERS**  
DRUG MART



3  
LIFE

# One for under the tree, and another one for me

**'Tis the season to save on style.** Self-shopping becoming less of a secret shame as fashionistas embrace this optimal time to buy their beauty booty

Getting up early on Black Friday for a little shopping? Doing your part on Small Business Saturday and Cyber Monday, too? It's all in the name of gift-giving — or at least the guise of it.

It seems a lot of consumers are using these sales and retail events to treat themselves to a little something new.

As a group, self-shoppers are growing, says Marshal Cohen, chief analyst of The NPD Group, Inc., a consumer insight company. He puts the number at 20 per cent, up from five per cent in the early 2000s.

"I started tracking people shopping for themselves about 10 years ago. I was at a Black Friday in a Macy's in a suburban

location in Long Island," he recalls. "This woman has one arm filled with a few things, maybe a dress and a few sweaters, and another with 12 items."

Guess which hand had the future presents for her two sisters and a friend?

It's a similar scene in Loft stores already this year, says Lori Leslie-Robbins, director of client experience for the retailer. "For us, the telltale sign that someone is shopping for themselves is that our fitting rooms stay busy for the holidays. She's trying clothes on, and you don't need to do that for a gift."

Leslie-Robbins overheard this past weekend a conversation between a sales associate and customer in the dressing room that went something like this: The shopper was in the dressing room choosing between a dress and a tuxedo-jacket-and-denim-jeans combo, and was taking seriously this choice of what to wear to a co-worker's at-home holiday party. When the associate asked if she'd also considered a hostess gift, the response was, "I'm not



We're certain Santa would encourage doing something nice for yourself this yuletide. ISTOCK

## You deserve a good deal

Many of the self-purchases Loft's Leslie-Robbins sees in stores are those that solve problems or have a focused end use — this tends to alleviate that pang of guilt, she says.

- A woman needs to buy herself the items no one else will buy her, right? muses Robin White, global press director of beauty

brand Philosophy. There's also "the stuff you need" and "the stuff you enjoy buying."

- She takes pleasure, for example, in a new tube of eye cream — it really makes her day, she says, but it's not quite what she'd want to unwrap Christmas morning. That makes it the perfect self-purchase.

there yet."

Because of the deep discounts, shoppers see this as an opportunity to replenish their own wardrobes and homes with less guilt than buying the new pair of jeans, for example, at full price, Cohen says. Those same shoppers might not feel that way about a gift for someone else.

He says especially the early-bird holiday shoppers are looking for the sales for themselves, while the transactions made closer to Christmas are more

likely to be bona fide gifts. He can also tell by what you're buying: If it's electronics or footwear, it's probably for you; fragrance is a go-to gift item, with 20 per cent of annual sales happening in the five days before Christmas, according to NPD.

Rachel DiCarlo is a fan of the one-for-me, one-for-you theory. Jewellery and scarves, perfectly good gifts for others, are also the items she tends to buy for herself.

Last year, she couldn't resist

the initial necklaces she was buying for so many others. "I was getting the Ls, the Js, and I thought, 'I should buy an R.'"

She is the vice-president of public relations at American Eagle Outfitters and, in her office, everyone tends to dress similarly.

So, she says with a laugh, it makes sense to get for herself the shirt or accessory she is getting for the members in her team — although, everyone gets a different colour.

THE ASSOCIATED PRESS

★  
50% off  
all frames  
during our inventory clearance  
valid until Dec. 31, 2013



Scotia Square | Spring Garden Rd. | Lr. Sackville  
Spryfield | Truro | Fall River

\* With the purchase of a pair of prescription lenses. Restrictions Apply. Includes full warranty on all frames.

Doctors  
Eye Clinic  
Doctors of Optometry  
Partners Of  
FYIdoctors.

902.454.2020  
www.DoctorsEyeClinic.com





Hario's retro home coffee roaster, available at [greenbeanery.ca](http://greenbeanery.ca), is one of the more stylish options for home roasting. It's guaranteed to send the coffee fanatic on your gift list into a full-on foodie swoon. CONTRIBUTED

## Decor

## Good news for your walls

Renters, you're no longer bound to the generic white linen walls that came with your apartment. Graham & Brown's latest Element collection from Superfresco Easy consists of six sweet nature-inspired designs that go on so easily, they claim even a kid can do

it. So that means you plus three friends should have no problem covering your room, right?

Unlike traditional wallpaper that requires glue, this easy-to-hang option is put up dry; you simply add paste to the wall. But the best part is that it's completely strippable and comes off in one piece — leaving your wall, and security deposit, intact.

METRO WORLD NEWS



Graham and Brown's Virtue wallpaper in Pear, \$50 a roll through [grahambrown.ca](http://grahambrown.ca). COURTESY GRAHAM & BROWN

# Tech gifts for the holidays

**DIY.** If you want to make a big impression on your giftees this year, surprise them with one of these innovative home items

For that person on your list who seems to have everything, consider some futuristic and entertaining high-tech gear for the home. Perfect for surviving the winter months and staving off cabin fever, even the biggest electronics junkie will want to show off these toys to friends and family.

**Programmable lights**

With a few specially designed light bulbs and a Wi-Fi network, programmable lighting goes far beyond just turning lights on and off. Customize the brightness and colour of each bulb using a smartphone, and set the perfect mood for a romantic dinner or a big New Year's bash. The lights can even be programmed to slowly brighten in the morning to imitate the sunrise for a more natural alternative to an irritating alarm clock.

**Home coffee roaster**

For the coffee connoisseur, a roaster is an affordable and easy way to customize the entire coffee experience right in the home. Roasting only takes about eight to 12 minutes and allows drinkers to experiment

**I Want That**

- For more unique and cutting-edge ideas for the home, tune in to I Want That on Sundays at 6 p.m. on DIY Network Canada.

with different roasts. Ground coffee stales in a matter of minutes, so grind beans as needed for the freshest cup of joe.

**3-D printers**

Yes, 3-D printers are making their way into homes. It's still early days for the technology, and the printers certainly aren't cheap, but they're definitely one of the coolest tools available for those on the cutting edge. Perfect for designers or the tech-savvy hobbyist, 3-D printers are becoming more accessible with downloadable templates that allow anyone to print impressive designs.

**OLED TVs**

OLED TVs have been in the news for a long time, but have started to slowly make their way into a few homes. While they still cost a small fortune, these next-generation TV's are even thinner, lighter and more energy efficient than anything currently on the market. Most importantly, they produce an incredible picture that's worth bragging about.

**NEED MONEY?**

- ✓ No credit checks
- ✓ Fast approvals

call 1-866-499-5629

And get cash now!!  
[www.mynextpay.ca](http://www.mynextpay.ca)

visit  
[metronews.ca](http://metronews.ca)

metro

## Shop, Save & EARN

November 18 – December 1



**French Cross Selection**  
Pinot Grigio and  
Cabernet Sauvignon  
SAVE \$5.50  
NOW \$39.99 4L



**Bacardi Gold**  
Rum  
SAVE \$7.00  
NOW \$54.99 1.75L



**Polar Ice**  
Vodka  
SAVE \$6.00  
NOW \$55.99 1.75L



**Budweiser**  
Lager  
\$49.99 24 x 355 ml



**Coors Light**  
Lager  
\$49.99 24 x 355 ml



**Bud Light**  
Lager  
\$41.99 24 x 355 ml



**NSLC**  
BEER • WINE • SPIRITS

Visit [myNSLC.com](http://myNSLC.com) for great gift and holiday entertaining ideas.



Valid at participating NSLC stores throughout Nova Scotia from November 18 – December 1, 2013; product selection by store may vary. Prices subject to change without notice. While quantities last.  
©1999 Trademarks of AIR MILES International Trading B.V. Used under license by LouisaOne, Inc. and Nova Scotia Liquor Corporation.



# Usher in the holiday baking season with rich Lemon Walnut Bars

1. Preheat the oven to 350 F.

2. In a small saucepan over low heat, melt the butter (or melt in the microwave for about 30 seconds on high).

3. In a large bowl, combine the oats, flour, sugar, coconut, ground walnuts and baking powder. Pour in the melted butter and mix with a spatula or large spoon until the butter is evenly distributed. Press half the oat mixture into the prepared pan firmly and evenly.

4. In a medium mixing bowl, whisk together the condensed milk and lemon juice until fully combined and slightly thickened. Pour the lemon mixture over the base. Use the back of a spoon or a small offset spatula to spread the filling evenly across the base. Sprinkle the remaining half of the oat mixture over the filling.

5. Bake in the preheated

## Ingredients

- 1/2 cup butter
- 1 cup large-flake rolled oats
- 1 cup all-purpose flour
- 3/4 cup dark brown sugar
- 1/2 cup unsweetened shredded coconut
- 1/2 cup ground walnuts
- 1 tsp baking powder
- 1 300 ml can condensed milk (about 1 1/4 cups)
- 1/2 cup lemon juice, freshly squeezed (about 2 lemons)

## You Will Need

- (9- x 9-inch) pan buttered and lined with parchment paper

oven for 22 to 25 minutes or until the top is a golden brown.

6. Remove from the oven and allow to cool completely in the pan.

7. Run a small knife along the two edges of the pan that do not have parchment



This recipe makes 16 bars. ALL PHOTOS JANIS NICOLAY

handles. Carefully remove the slabs from the pan and cut into approximately 2- x 2-inch bars. Make sure to use at least a 10-inch knife to

avoid cutting and dragging the knife across the bars. RECIPES EXCERPTED FROM BUTTER BAKED GOODS. COPYRIGHT © 2013 ROSIE DAYKIN. PUBLISHED BY APPETITE BY

RANDOM HOUSE, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

## Cookbook of the Week

### Get to sifting



Before it was a book filled with 100 recipes, Butter Baked Goods was (and still is) a tiny bakery in Vancouver. Opened by the author of the book, Rosie Daykin, it is known as the home of the very best gourmet marshmallow in North America.

In Butter Baked Goods, Daykin shares homemade treats and childhood favourites through instructions that are easy to follow.

Among the delicacies in the book are: Butter's Chocolate Cake, Red Velvet Cupcakes, Peanut Butter Balls and more. METRO

# Classic tropical combination: Pineapple Coconut Scones

"Every day at Butter we make a different scone," writes Rosie Daykin of her Vancouver bakery in her book Butter Baked Goods. "There is no set schedule, so regular customers call us in the morning to check what we have on tap that day. This flavour never seems to disappoint, and when we tell them it's on the

menu, they hightail it over to get one."

1. Preheat the oven to 400 F.

2. In a stand mixer fitted with a paddle attachment, quickly mix the flour, sugar, baking powder and salt on low speed to blend. Add the butter cubes and mix until

large crumbs form. Add the coconut and mix again to distribute. Add the buttermilk, crushed pineapple and juice and mix until almost combined.

3. Turn the dough out onto a lightly floured work surface and roll out to about 1-inch thick. Use the circular cutter

to cut out 10 circles and place them on the prepared cookie sheet about 1 1/2 inches apart.

4. In a bowl, whisk together the egg and water to make an egg wash. Use a pastry brush to gently coat the top of each scone with the wash. Sprinkle with a little sanding

## Ingredients

- 5 cups all-purpose flour
- 1 1/3 cups sugar
- 3 tbsp baking powder
- 1/4 teaspoon salt
- 1 1/2 cups butter, chilled and cut into 1-inch cubes
- 2 cups unsweetened shredded coconut
- 3/4 cup buttermilk
- 1 14-oz can crushed pineapple

apple with juice

## Finishing

- 1 large egg
- 2 tbsp cold water
- Coarse sanding sugar, for sprinkling

## You Will Need

- Cookie sheet, 3 1/2-inch circular cutter

sugar.

5. Bake in the preheated oven for 20 to 25 minutes or until golden brown. A wooden skewer inserted into the center should come out

clean.

6. Remove from the oven and allow the scones to cool on the cookie sheets. Then split them open and spread with lots of butter and jam!



## Get a FREE

## 6" Chef Inspired pita

with the purchase of a \$20 gift card.\*

\*Offer valid until December 29, 2013. Please present ad to redeem offer.





Visit us at: 6290 Quinpool Road

Call to place an order: 902 405 7482

 Find us on Facebook: Extreme Pita Halifax





# Expert offers no-bull tactics to scoring best Black Friday deals

**Run, bargain hunter, run.** If you are brave enough to participate in a crush of crazy shoppers this Friday, you need some tips

**MAJA LUNDAGER**  
Metro World News in New York

If you look up Black Friday on YouTube, you're bound to find a lot of videos with terrible titles like Black Friday Fights, Black Friday Disasters or Black Friday 2012 Madness. But the horrifying stigma of this day doesn't seem to scare the thousands of brave shoppers who voluntarily run with the big box store crowd, fighting for killer deals on last year's food processor.

As with all other extreme sports, you need to prepare for Black Friday shopping. We went to the best: Mark Hellmann Regouby.

Is Regouby an experienced Black Friday shopper? Not really. But he'll do you one better. He's the founder of the travel company Running of the Bulls, Inc., which puts tourists up close and personal with the animals at the annual event in Pamplona, Spain. Here's his advice for braving big crowds.



Braving Black Friday crowds this year? You need survival skills! iStock

## Before you go in

"We tell them ... watch the Bull Run first so they can see how it works and understand the flow of the people and the bulls and make their strategy from overviewed conditions," he says. This is where the aforementioned YouTube search for Black Friday videos will come in handy. But the preparation doesn't stop here. If you were planning to hit the bottle to take the edge off of Black Friday shopping, you'd better think twice. "The No. 1 rule is to arrive sober," Regouby says. "No. 2 is to get a good night's sleep.

No. 3 is to have 360-degree awareness."

## Surviving the battle

"The best runners always say you stake out your territory," says Regouby. "You use your arms and don't let anybody get too much in your way. Swing your arms and keep in your elbows to make sure you've got your own space that you need in order to run without tripping." This sounds extreme, but seriously, do you want that food processor or not?

## If you go down

There have only been 15 deaths since the beginning of the Bull Run in Pamplona in 1910, but broken wrists and bloodied chins are the norm. According to Regouby, there are more falls and injuries because of humans tripping over each other than because of the bulls. We can, with some certainty, say the same about Black Friday, except that the National Retail Federation in the U.S. — the homeland of Black Friday — has only reported one trampling death: In 2008 a Walmart

employee was crushed in a stampede. So what do you do if you go down?

"The most important rule of all is if you go down, stay down. The bulls are actually talented at stepping over obstacles and as long as you cover your head and stay down and don't move, they can plan to step over you."

We can only hope the same counts for the herds at Best Buy and Target. Actually, we're going to say that the people waiting in the cold to buy stuff at discount prices are NOT talented at stepping over obstacles, so we advise just trying to roll to safety!

## When you succeed

Regouby says that a run like the one in Pamplona is for people who want to be in touch with their own mortality and live their lives to the fullest.

"I have [run with the bulls] four times and it's still pretty incredible," he says. "You arrive in this huge arena and the sun hits your face and the air is fresh again, and you can't believe you are alive."

That sounds a bit like waking up way too early and hauling bags of discounted goods to the parking lot, right?

## Canadian context

Consulting firm Accenture recently released the results of a survey into the habits of Canadians when it comes to Black Friday. Here are some findings:

- **Hungry for the best deals.** Almost two thirds of Canadians surveyed plan to shop at U.S. retailers, online or in-store, on Black Friday and throughout the holiday season.
- **Boxing Day.** Is still believed by many (44 per cent) to offer the best deals of the season in Canada, Canadians feel retailers in Canada are not doing enough to compete with U.S. stores on Black Friday.
- **Go south.** When Canadians surveyed were asked when they believed they would see the best deals of the holiday season (either in Canada or the U.S.), Black Friday in the U.S. was cited by almost half (42 per cent), while less than a quarter (23 per cent) said the best deals were to be had on Black Friday in Canada.

# BLACK FRIDAY

# Weekend

# SALE

Nov. 29 - Dec. 1

Fri • Sat • Sun

**DOORCRASHERS**

**FRIDAY ONLY 7<sup>AM</sup> - 11<sup>AM</sup>**

Spring Garden 420-1649    Bayer's Lake 450-5353    Colby Village 434-0022    Sackville 865-7183    Burnside 468-3838

Some restrictions may apply. Not in conjunction with any other special discount/coupon.

**CLEVELAND**  
**Source**  
for sports



# After shopping, it's a wrap!

Not all gifts come in the shape of a box that's easy to wrap. Let's face it, even boxes are hard. Ever wonder how Aunt Doris gets her corners so crisp? Not sure how to wrap an awkward-shaped present? Elana White, owner of Toronto gift shop Outer Layer, shares four novel ways to wrap yours up this holiday season.

MAE BOWRING  
Metro News Canada

## Odd-shaped gift

Booze, lotions and bubble bath are all popular gifts, but they're also round. Instead of trying to wrap it into a hot mess, try this creative solution.

### What you need:

- Two pieces of coloured tissue
- Clear plastic bag
- Three pieces of coloured ribbon

### How to do it:

Place two pieces of the same coloured tissue on top of two others, creating a T-shape. Lay the gift down in the middle of the tissue. Fold the bottom of the tissue upwards and then the sides over, creating a cone around the gift. Place the cone in a plastic bag and tie the ribbon just above the top of the gift. Curl the ribbon with scissors and adjust the excess paper "poof" on top. Ribbon curling tip: Look to see how the ribbon curls naturally, and drag the scissor blade down the same side to get a tight curl effect.



## Basket

If your gift has a theme that's too pretty to hide, a basket is another option.

### What you need:

- A basket
- Newspaper
- Colourful shredded paper
- Roll of clear cellophane
- Ribbon

### How to do it:

Fill the bottom of the basket with newspaper and place the shredded paper on top. This will prevent the items from falling into the basket and out of sight. Place each item on top of the shredded paper at an angle, starting from the back to the front. Cover the basket in cellophane and tie it together with ribbon toward the back of the basket. Cut excess cellophane away and gently curl ribbon.

## Bag it

Have a bunch of small items that will fit into a gift bag? Bags are great but people tend to go overboard with tissue paper trying to make it look pretty, says White.

### What you need:

- One festive bag
- Four pieces of coloured tissue, two different colours
- Coloured ribbon

### How to do it:

Put gift inside the bag. Make a T-shape with the two colours of tissue and put the brighter coloured tissue on top. Pinch the middle of the tissue and give it a shake upside down. It will create a nice V-shaped "poof" that will fill up one side of the bag. Repeat and place the second "poof" on the other side of the bag. The trick, White says, is doing more with less. "We always train new people on how to do the poof." Tie bag handles shut with ribbon and gently curl it so that the ribbon cascades down the side of the bag.



## Traditional box

Board games, shoeboxes — you're laughing because you think this wrapping job will be a cinch. But it's not. Where people go wrong, White says, is having too much wrapping paper.

### What you need:

- Holiday wrapping paper
- Scissors
- Clear tape

### How to do it:

After taping the paper together length-wise, tackle the sides. The wrapping paper should only come

halfway up the gift width-wise, White explains. Ready for the secret trick? Fold the top of the paper all the way down, enforcing a crease on either side. That should make it easier to tuck in the sides, followed by the bottom. From there you need one small piece of tape to hold it together. Repeat on the other side.



With these simple tricks, you'll be smiling instead of swearing at wrapping time. ISTOCK

# BLACK FRIDAY AT SUNNYSIDE MALL

FRIDAY NOVEMBER 29<sup>TH</sup>

Open 9:30am - 9pm

First 250 shoppers receive a Little Black Bag.  
Centre Mall Entrance.

For a complete list of participating stores  
and special Black Friday deals visit:  
[SUNNYSIDEMALL.CA](http://SUNNYSIDEMALL.CA)

  
Sunnyside Mall

1595 BEDFORD HIGHWAY  
(902) 835-5099   



# BLACK FRIDAY SALE

DOORS OPEN  
TOMORROW AT  
9:00 AM

## HUGE SELECTION OF LENSES ON SALE!

## HUGE SELECTION OF DSLRS ON SALE!

Compact,  
Lightweight &  
Feature-Rich

**Nikon**

D3100 with  
18-55mm  
VR lens

**\$389<sup>99</sup>**

WEBCODE: NIKKIT365



MINIMUM 8 PER STORE

SAVE  
\$90

Includes Image  
stabilizer lens for  
blur-free photos

**Canon**

Rebel T3i  
with 18-55mm  
IS lens

**\$499<sup>99</sup>**

WEBCODE: 567CAN079



MINIMUM 8 PER STORE

SAVE  
\$150

Easy Viewing  
With 3.0"  
Vari-Angle LCD

**Canon**

Rebel T-5i  
with 18-135mm  
STM lens

**\$799<sup>99</sup>**

WEBCODE: 567CAN113



MINIMUM 6 PER STORE

SAVE  
\$280

Waterproof,  
Shockproof,  
Freezeproof,  
Dustproof.\*

**SONY**

Cybershot  
DSC-TF1

**\$129<sup>99</sup>**

WEBCODE: 566SON375



MINIMUM 6 PER STORE

\*Waterproof to 10 meters, Shockproof from 1.5 meters, Freezeproof to -10 Celsius

SAVE  
\$50

## HUGE SELECTION OF VIDEO CAMERAS ON SALE!

## HUGE SELECTION OF DIGITAL CAMERAS ON SALE!

The Ultimate  
Tough camera  
with built-in  
GPS

**OLYMPUS**

Tough  
TG 830

**\$199<sup>99</sup>**

WEBCODE: 566CAR297



MINIMUM 5 PER STORE

SAVE  
\$80

50X Optical  
Zoom for  
Sports and  
Wildlife

**Canon**

Powershot  
SX50HS

**\$299<sup>99</sup>**

WEBCODE: 566CAN353



MINIMUM 5 PER STORE

SAVE  
\$130

Camera-Mounted  
36 LED Light  
with Built-in  
Dimmer

**Manfrotto**

ML360 Midi-36  
LED Panel

**\$79<sup>99</sup>**

WEBCODE: 459AMP011



SAVE  
\$60

Compact Travel Tripod  
with Ball Head  
includes Carry Bag

**Manfrotto**

Manfrotto Befree  
Compact Travel  
Photo Tripod

**\$179<sup>99</sup>**

WEBCODE: 303GET135



SAVE  
\$70

## HUGE SELECTION OF LIGHTING GEAR ON SALE!

## SAVE 20% OR MORE ON ALL TRIPODS AND HEADS!

All-in-one  
photo printer

**Canon**

Pixma MG6320 Photo Printer

**\$99<sup>99</sup>**

WEBCODE: 579CAN057



SAVE  
\$100

Includes Ball head and Bag!

**Manfrotto**

Manfrotto 190XPROB Tripod  
with 701HDV Mini Video Head

**\$239<sup>99</sup>**

WEBCODE: AMPKIT002



SAVE  
\$100

Compact Interchangeable  
Lens Camera

SAVE  
\$150

**SONY**

NEX 6 With  
16-50 OSS lens

**\$699<sup>99</sup>**

WEBCODE: 567SON051



MINIMUM 5  
PER STORE

20X Ultra-Wide zoom lens  
and slim profile

WAS  
\$379.99

**Panasonic**

Lumix DMC-ZS20

**\$199<sup>99</sup>**

WEBCODE: 566PAN225



MINIMUM 8  
PER STORE

The World's Smallest and  
Lightest DSLR\*

SAVE  
\$180

**Canon**

Rebel SL-1 with  
18-55mm IS STM lens

**\$599<sup>99</sup>**

WEBCODE: 567CAN111



MINIMUM 6  
PER STORE

Includes 2 Zoom lenses,  
Gadget bag, and Tripod!

**Nikon**

D5100 with 18-55mm VR and  
55-200mm VR lens + KIT!

**\$599<sup>99</sup>**

WEBCODE: 567NIK127

SAVE  
\$430

MINIMUM 3  
PER STORE



\*As of August 2013, Canon's research. Among digital SLR cameras with APS-C size equivalent sensors.

## SAVE 20% OR MORE ON ALL MEMORY CARDS!

## SAVE 20% OR MORE ON ALL BAGS & CASES!

Stylish Sling Bags Starting at \$59.99

SAVE  
\$20

Wear as  
backpack  
or sling

Vanguard  
ADAPTOR 41 Bag

**\$59<sup>99</sup>**

WEBCODE: 147AMP622

SAVE  
\$40

Quick  
release  
buckles.

3N1-10 DL Sling  
Backpack

**\$69<sup>99</sup>**

WEBCODE: 147AMP569

SAVE  
\$40

All-  
Weather  
cover

Lowepro Sling-  
Shot 102AW

**\$69<sup>99</sup>**

WEBCODE: 147DAY644



**Kodak** Picture Kiosk

**50% OFF** Kodak Kiosk  
Instant Prints!

\*Valid in-store on the Henry's Kodak  
Instant Print Kiosk November 29-  
December 2nd, 2013.  
Offer applies to 6x6, 6x7, 6x8, 8x10  
and 8x12 inch flat prints including  
bordered prints, greeting cards,  
annual one page calendars only.  
Photo books, calendars, CD, DVD  
and scanning products are not  
included in the offer. Cannot be  
combined with other offers or  
promotions. While supplies last.

SALE STARTS MIDNIGHT ONLINE [www.henrys.com/BLACKFRIDAY](http://www.henrys.com/BLACKFRIDAY)

Quantities limited. Offers valid November 29th to December 2, 2013 on in-stock items only. Sorry,  
no exchanges or refunds on November 29th. Henry's Price Protection does not apply to limited or  
minimum quantity items or limited time offers. For more information, please visit [www.henrys.com](http://www.henrys.com).

**BUY 2 GET 1 FREE**  
SCHOOL OF IMAGING COURSES

**HENRY'S**  
School of Imaging

Register in-store  
(Offer excludes Private Courses.)

Halifax: Bayers Lake  
Dartmouth: Dartmouth Crossing, 51 Gale Terrace

Tel: 450-2552  
Tel: 481-2213

**HENRY'S**



# Holiday gift guide



FretLight Guitar — \$299 and up, clockwise, from left, Sony Walkman WH303 — \$149.99, Mondo Wi-Fi Music Player — \$179.99, Philips ShoqBox — \$149.95, iPod Touch — \$229 and up, SleepPhones — \$39.95 and up.

## Don't fret music lovers



MIKE  
YAWNEY  
For Metro

Music is the gift that keep on giving. Impress the audiophile in your life with one of these musical gadgets under the tree.

### FretLight Guitar — \$299 and up

Learn to play the guitar with a little high-tech help. LEDs light up the frets on this spe-

cial guitar so you know exactly where to place your fingers. Download songs from your favourite artists or purchase entire sets of lessons. Available in acoustic and electric.

### iPod Touch — \$229 and up

There's a reason Apple's iPod remains the No. 1 MP3 player on the market. Beautiful design, gorgeous retina display and simple user interface make this a huge hit for all ages. Use it to store and play thousands of songs, or immerse yourself in the tens of thousands of apps.



### LG SoundPlate — \$499.99

This innovative speaker system sports a simple design, which doubles as a pedestal beneath your flat-screen TV. The 4.1-channel sound system comes with dual built-in subwoofers for rich, full sound while



watching your favourite movies or TV shows. When your eyes get tired, enable the Bluetooth feature to listen to your favourite tunes from your phone or tablet. Available in December.

### Philips ShoqBox — \$149.95

Designed to withstand water and abuse, the ultra-durable ShoqBox is one for true road warriors. Two speaker drivers create loud, clear audio with the ability to pair two ShoqBoxes as left-right speakers. This unit doubles as a hands-free speaker for your phone.

### Sony Walkman WH303 — \$149.99

Headphones with a built-in MP3 player. Store up to 1,000 favourite songs with 4GB of internal storage, then decide



how you want to listen to them. You can wear the headphones around your neck and let the built-in speakers pump out the tunes, or listen to your music privately with the headphones on your ears.



station or album art as your favourite songs play. With more than 18,000 free radio stations to choose from there is always something to listen to.

### SleepPhones — \$39.95 and up

Pyjamas for your ears. These headphones are designed to play music while blocking light from your eyes to help you fall asleep faster. Play your favourite songs or download free full-length sleep tracks. Upgraded models come with play/pause/volume controls on the cord. Machine washable.

### Nuvo Wireless Music System — \$229 and up

Spread music throughout the house. This system utilizes your home's Wi-Fi network to stream lossless level audio to multiple rooms. Supports music services such as Pandora, iTunes and SiriusXM satellite radio. This high-end system isn't cheap, but if you are an audiophile it's worth the hefty price tag of a complete system.

### Mondo Wi-Fi Music Player — \$179.99

Listen to radio stations from around the world. This Wi-Fi music player sports a beautiful 3.5-inch colour display that shows off



27  
shopping  
days left



Help support Foodbanking  
in Atlantic Canada at the



A \$1<sup>00</sup> donation\* will be made with the purchase  
of Sawmill Creek 1.5L products.

\*Up to a maximum of \$4000 donated to food banks in Nova Scotia by Food Banks Canada on behalf of Sawmill Creek Wines from November 1st to December 31st, 2013. Please enjoy responsibly.



Join us on Facebook



# Fit for a Little Drummer Boy



Park Bib Pants, \$80, available at O'Neill, [oneilleshop.ca](http://oneilleshop.ca).



Metro Tee, \$35, available at Binksy & Bobo, [binksyandbobo.com](http://binksyandbobo.com).



Hooded Bath Robe, \$16, available at Joe Fresh stores, [joefresh.com](http://joefresh.com).



Sorel Preschool Snow Command Winter Boot, \$54.99, available at Sporting Life stores, [sportinglife.ca](http://sportinglife.ca).



Metro Slouchy Pant, \$40, available at Binksy & Bobo, [binksyandbobo.com](http://binksyandbobo.com).



Toddler Boys Hat, \$19.95, available at The Gap and babyGap stores, [gapcanada.ca](http://gapcanada.ca).



Volcom Strange Face Mask Beanie, \$33, available at Sporting Life stores, [sportinglife.ca](http://sportinglife.ca).

*Awaken your Holiday spirit with us!*

*open 7 days a week starting Monday, December 2nd*

M-T-W 10am to 8pm, Th-Fri 10am to 9pm, Sat 10am-6pm, Sun 12pm-5pm

5,000 sq ft of unique gifts & home décor... such as Lug, Kameleon and Park Design Linens to Seagull Pewter, Espe and more. Custom gift baskets for all occasions also available.

*A Joyful shopping experience is our commitment to you.*

**Maryann's** 1106 Cole Harbour Road, Dartmouth  
gifts from the heart (902) 462-6983 • [maryannsgifts.ca](http://maryannsgifts.ca)  
 Locally owned & operated for 20 years

**TAX FREE FOR METRO READERS MONDAY, DECEMBER 2ND WITH THIS AD!**

**Expert Advice is Closer Than You Think!**

**MARITIME HOBBIES & CRAFTS**  
 EST. 1946 LTD.

(902) 423.8870  
 1521 Grafton Street • Halifax  
 Mon to Sat 9:30am - 6pm  
[www.MaritimeHobbies.com](http://www.MaritimeHobbies.com)  
 Like us on Facebook



# Get festive for Fido



Customizable printed fleece pet jacket, \$29.50, available at Lands' End, landsend.com.



The Dog Whisperer with Cesar Millan Transform-A-Bone, \$9.99, available at Canadian Tire, canadiantire.ca.



Thundersweater, \$69.99, available at PetSmart, petsmart.com.

Auggiedog Automatic Pooper Scooper, \$149.99, available at auggiedog.com.



Bailey & Bella micro suede beds, \$49.99 to \$79.99, available at Pet Valu, petvalu.com.



Dog gift pack, \$6.43, available at Walmart, walmart.ca.



The Dog Whisperer with Cesar Millan Oxford Canvas Gusset Dog Pillow, \$34.99, available at Canadian Tire, canadiantire.ca.

**ANNUAL CHRISTMAS CLEARANCE SALE**

SAVE **50%** Storewide\* **Two weekends ONLY! Nov 30-Dec 1 • Dec 7-8**

\*Some restrictions apply.

Offering a great selection of giftware, nautical items, textiles, toys, hardware, housewares & more

**The Whales Back Country Store**

8291 Peggys Cove Rd (in Indian Harbour)  
10am-6pm seven days a week  
(902) 823-2033

**Brooklyn Audio** | Getting You In The Groove Since 1994

**Largest selection of Turntables & Accessories in the Maritimes.**

Get the most out of your vinyl with our **30 years** of Turntable Setup Expertise.

**Tax free until Christmas.**

**463-8773 | brooklynaudioinc.com**



# Babes in Toyland



LeapFrog Rainbow Tea Party, \$24.99, available at major retailers.



LeapFrog Chat and Count Cell-phone, \$19.99, available at major retailers, leapfrog.ca.



PlasSmart Sleep Sheep Smart Sensor, \$39.99, available at Indigo, indigo.ca.



Go! Go! Smart Wheels Train Station Playset, \$55.99, V-Tech available at Walmart, Toys R Us, Sears, and Canadian Tire.



Laugh & Learn Crawl Around Car: \$69.99, Mattel, available at most major retailers, mattel.com.

Discover the *magic* of Christmas at Angie's *fantastical* Holiday Home!

**BE INSPIRED...** Tour the elegantly decorated theme rooms.

Holiday House tours daily from 10 am to 5 pm  
Free Admission

From life sized elves and peacocks to the most beautiful of ornaments, Angie's holiday workshop offers an enchanting experience for all ages.

Ask about our Private Shopping Parties as well as Home and Office Custom Decorating  
Contact us for details.

Receive **10% OFF** gifts & services when you present this ad

**Angie's Gifts & Holiday Crafts** – follow the road signs

70 Croucher Point Road, Glen Haven • (902) 823 1472 or (902) 798-7023  
New Gift & Holiday Craft Shop: 7232 Highway 14, Brooklyn • (902) 757-0159

**Blondo**  
CANADA

For women on the move.

**She** had planned to change boots, but her feet *wouldn't let her*

The boot that understands.

**AQUAPROTECT**  
WATERPROOF LEATHER

**MAHONE BAY TRADING CO.**

**Bayers Lake**  
(902) 444-4229  
Unit 28 – 201, Chain Lake Drive  
Halifax

**Mahone Bay**  
(902) 624-8425  
544, South Main Street  
Mahone Bay

**Park Lane Mall**  
(902) 423-4369  
5657, Spring Garden Road  
Halifax



# Sensational seasonal scents



JANINE  
FALCON  
For Metro

From lush florals to sexy, spicy scents, covetable perfumes for your lady loves.

**Aerin Amber Musk**, from a collection of modern scents inspired by Aerin Lauder's own touch-stone moments and memories. \$125 at Holt

Renfrew and [esteelauder.ca](http://esteelauder.ca).

**Armani Si**, a sultry, intense scent with patchouli, vanilla, rose and woody notes; Giorgio Armani calls it his "tribute to modern femininity." \$130 at Hudson's Bay.

**Carven Le Parfum**, a youthful, ultra-feminine bouquet of sweet pea, jasmine and ylang ylang grounded with woody notes. From \$90 at Holt Renfrew.

**Chloé Roses de Chloé**, a fresh, warm, modern bouquet of rose and magnolia. \$85 at Murale, Sephora, department stores and drugstores.

**Clinique Calyx**, the same distinctive vibrant and groundbreaking scent first launched by Prescriptives in 1986 now under the Clinique umbrella. From \$62 at department stores

and [clinique.com](http://clinique.com).

**Dolce & Gabbana Pour Femme Intense**, a sexy, oriental floral of neroli, jasmine, tuberose and sandalwood.

From \$110 at department stores and Shoppers Drug Mart Beauty Boutiques.

**Elizabeth Arden Untold**, a warm, fruity floral with jasmine, black current and patchouli. From \$75 at drug and department stores.

**Estée Lauder Modern Muse**, a striking "dual-impression" fragrance that appeals to some women as a lush floral, and to others as a sensual woody scent. From \$65 at Hudson's Bay and [esteelauder.ca](http://esteelauder.ca).

**Valentina Oud Asoluto**, a decadent, heady scent of leather, rose, a gar wood (oud), vanilla

and dry woods. Limited edition, \$148 at Holt Renfrew.

**Fresh Life Eau de Parfum**, inspired by dew-dampened grass, fresh morning breeze, the first rays of sunlight and cool, clear water. From \$44 at Sephora.

**Jo Malone London Saffron Cologne Intense**, a spicy fragrance of golden saffron, pink peppercorn, intense and warm blond woods. \$165 at Holt Renfrew.

**Lancôme Trésor Eau de Parfum Lumineuse**, a softer, floral fruity interpretation of the original oriental floral Trésor. From \$67 at drug and department stores, and [lancome.ca](http://lancome.ca).

Dolce & Gabbana Pour Femme Intense, clockwise, from below, Aerin Amber Musk, Armani Si, Jo Malone London Saffron Cologne Intense, Fresh Life Eau de Parfum, Clinique Calyx, Estée Lauder Modern Muse, Chloé Roses de Chloé, Lancôme Trésor Eau de Parfum Lumineuse, Elizabeth Arden Untold, and Carven Le Parfum.



**Come Join the Party!**

**NEW YEAR'S PARTY**  
December 31st, 2013

Entertainment, buffet, great door prizes & much more!

**\$39<sup>95</sup>** /person

**RAMADA PLAZA**  
DARTMOUTH CROSSING  
DARTMOUTH, NS

**CRYSTAL PALACE**

1.800.561.7108 • [www.crystalpalacehotel.com](http://www.crystalpalacehotel.com)

Boutique  
Shopping  
in Dartmouth  
Crossing

TAKE IT  
**OUTSIDE**

Specializing in active living, outdoor  
and casual chic apparel and footwear.

**25 - 40% off**  
**Black Friday Storewide\***

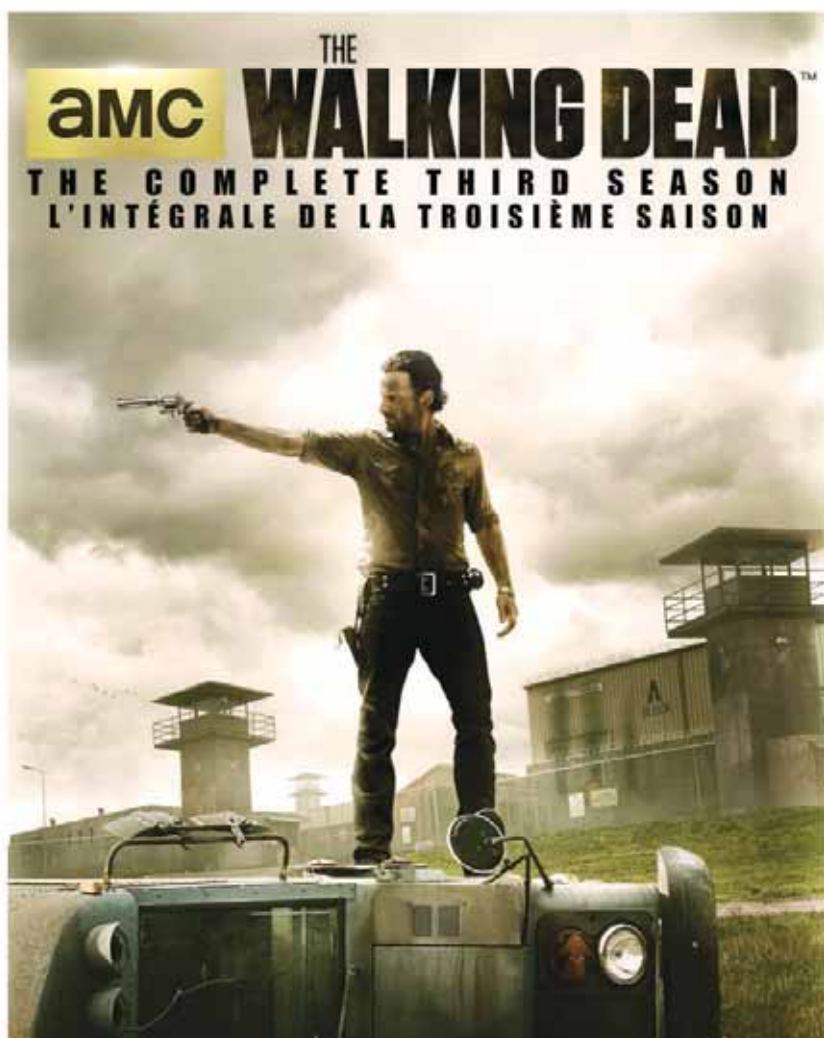
\*Sale excludes Canada Goose. Not valid with anyother coupon/offer. See in store for details.

**NEW Products just in time  
for Holiday Shopping!**

\* LOLE \* FIG Clothing \* Arc'teryx \* KUHL \* Canada Goose \*  
Moving Comfort \* Merrell apparel \* Asics \* Marmot \* Brooks  
\* Sorel \* Birkenstock \* Yoga Jeans \* Manitobah Muckluks \* Stanfield's  
Elita \* Salomon \* Oakley apparel \* Horny Toad \* Columbia \* Osprey  
\* Mountain Hardware \* Nathan \* Icebreaker \* PrAna \* Snow Angel

196 Hector Gate, Dartmouth Crossing  
TakeItOutsideInc.ca • 405 8688





# DVD delights

Settle down in front of the TV to enjoy some of these popular series and movies.

## Turbo

With a great (voice) cast that includes Ryan Reynolds, Paul Giamatti, Michael Peña, Snoop Dogg, Maya Rudolph, Michelle Rodriguez and Samuel L. Jackson, this 3D comedy follows an underdog snail whose dreams kick into overdrive when he miraculously attains the power of super speed and enters the Indy 500. Available where DVDs and Blu-ray's are sold; \$32.89

for Blu-ray on Amazon.ca.

## Big Bang Theory, Season 6

Follow the antics of geeky physicists Sheldon Cooper and Leonard Hofstadter and their equally geeky friends. This popular American sitcom premiered in 2007. DVD \$49.99, Blu-ray \$59.99. Available at HMV — for a location near your visit hmv.ca.

## Breaking Bad: The Complete Series

To provide for his family's future after he is diagnosed with lung cancer, a chemistry genius turned high school teacher teams up with an ex-student to cook and sell the world's purest crystal meth. This collectible replica money barrel contains every show along with special features and other commemorative



items. \$250 at Amazon.ca.

## Walking Dead, Season 3

A sheriff leads survivors in search of safety after the zombie apocalypse. In Season 3, they find refuge in a prison ... but not for long. DVD \$49.99, Blu-ray \$59.99.

Available at HMV — for a location near your visit hmv.ca.



# GREAT • BIG • HUGE • GIGANTIC BLACK FRIDAY

TAKE AN ADDITIONAL  
**20% OFF**  
THE CLEARANCE OR SALE PRICE OF ALL MARKED DOWN ITEMS!

**4 DAYS ONLY!** FRIDAY NOV. 29<sup>TH</sup> TO MONDAY DEC. 2<sup>ND</sup> 2013

GET  
**GREAT SAVINGS**  
ON **GREAT GEAR**  
LIKE:

**BAUER VAPOR X 7.0**  
Senior  
Our reg. price: \$149<sup>99</sup>  
Sale: \$119<sup>99</sup>  
**BLACK FRIDAY: \$95<sup>99</sup>**  
Junior  
Our reg. price: \$119<sup>99</sup>  
Sale: \$94<sup>99</sup>  
**BLACK FRIDAY: \$75<sup>99</sup>**

**REEBOK SK**  
Senior  
Our reg. price: \$129<sup>99</sup>  
Sale: \$89<sup>99</sup>  
**BLACK FRIDAY: \$71<sup>99</sup>**

Reebok

**SAVE 45%**

**SAVE 35%**

**SAVE \$100**

**REEBOK 16K PUMP JR**  
Our reg. price: \$299<sup>99</sup> Sale: \$249<sup>99</sup>  
**BLACK FRIDAY: \$199<sup>99</sup>**

**WARRIOR KROWN 360**  
Our reg. price: \$179<sup>99</sup>  
Sale: \$89<sup>99</sup>  
**BLACK FRIDAY: \$71<sup>99</sup>**

**REEBOK 20K PUMP SR**  
Our reg. price: \$799<sup>99</sup>  
Sale: \$649<sup>99</sup>  
**BLACK FRIDAY: \$519<sup>99</sup>**

**SAVE \$280**

**EASTON MAKO II**  
Senior  
Our reg. price: \$269<sup>99</sup> Sale: \$199<sup>99</sup>  
**BLACK FRIDAY: \$159<sup>99</sup>**  
Intermediate  
Our reg. price: \$249<sup>99</sup> Sale: \$184<sup>99</sup>  
**BLACK FRIDAY: \$147<sup>99</sup>**  
Junior  
Our reg. price: \$199<sup>99</sup> Sale: \$149<sup>99</sup>  
**BLACK FRIDAY: \$119<sup>99</sup>**

**SHER-WOOD NEXON N12**  
Senior  
Our reg. price: \$169<sup>99</sup> Sale: \$114<sup>99</sup>  
**BLACK FRIDAY: \$91<sup>99</sup>**

**SAVE 45%**

**SAVE 40%**

**Hockey Life**  
prohockeylife.com  
THE ULTIMATE HOCKEY MEGASTORE

DARTMOUTH CROSSING  
3000 Heather Gate (Next to Empire Theatre)  
(502) 481-2283  
CALGARY • EDMONTON • WINNIPEG • KITCHENER • HAMILTON • TORONTO • OTTAWA • MONTREAL • QUEBEC • HALIFAX

\*The Black Friday Event is for four (4) days only, starting November 29th and ending Monday December 2nd, 2013. Additional 20% savings not applicable to regularly priced items, special orders, the PHL "2 Stick Deal" and the PHL "3 Goals Turns or More" promotions. While quantities last. Some models, colours or sizes may not be available in store.



**DEWALT** **FACTORY SERVICE**  
 BOSTITCH | PORTER CABLE | BLACK & DECKER

# CHRISTMAS SALE!

Monday Nov 25th thru Friday Nov 29th 8:30am to 5pm



## UP TO 40% OFF

all refurbished tools and accessories!\*



100 Ilsley Avenue, Unit G, Dartmouth  
 Phone 902-453-5090 • Fax 902-454-6152

\*On instock products while quantities last



Realtree Steering Wheel Cover, \$19.99, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca).

## For Santa's sleigh

Armor All Complete Car Care Kit, \$19.99, available at Walmart, [walmart.ca](http://walmart.ca).



Realtree Two-Piece Car Floor Mat Set, \$34.99, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca).



Mastercraft Auto Kit, \$39.99, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca).



Gardena Car Wash Set, \$69.97, available at [homedepot.ca](http://homedepot.ca).



Black & Decker Portable FLEX vacuum, \$149, available at Amazon.ca, [blackand-decker.com](http://blackand-decker.com).







Chris Terrell, right, was fired as the Rainmen's head coach on Wednesday after a dismal 0-6 start to the NBL season. JEFF HARPER/METRO

# Rainmen sack coach Terrell

**Dismal season.** Owner says team has plenty of talent but was not prepared to win games



ANDREW RANKIN  
andrew.rankin@metronews.ca

Chris Terrell's days with the Halifax Rainmen are over.

Team owner Andre Levingston announced on Wednesday that Terrell had been relieved of his head coaching duties, and his replacement would likely

## Change of command

**"I didn't feel things were headed in the right direction and before the situation got out of hand we needed to make a change"** Andre Levingston, Halifax Rainmen team owner, speaking about the firing of Chris Terrell as head coach.

be named by the weekend.

The news wasn't entirely unexpected after the team's dismal 0-6 start to the NBL season.

"We have a really good basketball team here that's been underachieving," said Levingston.

Terrell came to the Rainmen

in the off-season with a wealth of international experience. During his brief tenure, he was forced to contend with several challenges, including significant player injuries, as well as a limited roster.

Levingston insists the Rainmen have enough talent to win "night in and night out."

"I really didn't think we had good preparation. We weren't prepared to win games. With the talent that we have in here I was prepared to see a certain level of commitment on the court."

There's plenty of blame to go around, said Levingston, who admits he deserves a share.

"At the end of the day, I'm responsible. When our team goes 16 for 32 at the free-throw line, that's the players. But, the coach has to have his players prepared to win, especially close games."

## Open season on the Herd. Flu outbreak downs nine Mooseheads players

The Halifax Mooseheads are fighting the flu bug — big time.

As of Wednesday evening, nine players were sick with the virus, forcing the team to cancel its afternoon practice.

Head coach Dominique Ducharme says the move

was also aimed at protecting healthy players from the outbreak that started on the weekend.

Ducharme expects players such as Darcy Ashley, MacKenzie Weegar and Matt Murphy, to recover by Friday's road game against the Cape Breton

Screaming Eagles.

"It's not usual for a hockey team to go through this," said Ducharme.

A nine-game winning streak landed the Mooseheads No. 5 on the CHL's top 10 weekly rankings, released Wednesday.

ANDREW RANKIN/METRO

## AUS men's hockey

### Huskies pound Tigers 9-3

The Saint Mary's Huskies exacted some revenge on the Dalhousie Tigers on Wednesday night.

A week after the basement-dwelling Tigers beat SMU 3-1 for their first victory of the season, the Huskies pounded their rival 9-3 at the Halifax Forum.

The Huskies put the game well out of reach with five unanswered first-period goals to chase Tigers netminder Bobby Nadeau from the game.

Steven Beyers led the way with two goals and two assists while Matt Tipoff tallied once and had three helpers. Lucas Bloodoff, Stephen Johnston, Francis Menard, Cameron Wind, Ryan Hillier and Jamie Doornbosch rounded out the scoring for the Huskies.

Andrew Wiggington paced the Tigers with a pair of goals while Andrew Langan added the other.

The win improves the Huskies' record to 6-6, pushing them to fourth place, while the Tigers fall to 1-10 and remain last in the AUS.

METRO

## AUS women's hoops

### Saint Mary's bashes Dalhousie 87-62

The Saint Mary's women's basketball team maintained its perfect season by steamrolling over the Dalhousie Tigers 87-62 on Wednesday night at the Dalplex.

Rachelle Coward paced the Huskies with a game-high 21 points while Robbi Daley and Courtney Thompson responded with 13 points for the Tigers.

With the win, the Huskies improve to 7-0.

Meanwhile, the men's squad rattled off another victory, edging the Tigers 70-67 in the later game.

Huskies guard and the league's third-leading scorer Theon Reefer poured in a game-high 30 points. Devon Stedman led the Tigers with 17 points.

With the victory the first-place Huskies improve to 6-1. METRO

4 SPORTS



Mackenzie Weegar JEFF HARPER/METRO



# Next goal wins: Malkin helps Pens push past Leafs

**NHL.** Crosby sits atop league points race after notching two helpers in Pittsburgh

Evgeni Malkin picked up his first two-goal game in more than 18 months and added the game-winner in the shootout and the Pittsburgh Penguins rallied past the Toronto Maple Leafs 6-5 on Wednesday night.

Chris Conner, Kris Letang and James Neal also scored for Pittsburgh, which erased 4-1 and 5-3 deficits. Sidney Crosby added two assists to lift his point total to a league-leading 33 and scored in the second round of the shootout against Jonathan Bernier be-



Evgeni Malkin celebrates his second goal Wednesday night, assisted by Sidney Crosby, during the Penguins' win over the Leafs in Pittsburgh.

THE ASSOCIATED PRESS

fore Malkin finished it off.

Jeff Zatkoff stopped 11 of 13 shots after replacing in-

effective starter Marc-Andre Fleury less than a minute into the second period.

James van Riemsdyk scored twice and added an assist for the Maple Leafs. Phil Kessel, Tyler Bozak and Nazem Kadri also scored for Toronto, but the Maple Leafs lost their way after taking a big lead.

Toronto failed to record a single shot in the third period or overtime.

There were no such problems for the Penguins, who fired a season-high 48 shots at Bernier. The goaltender made 43 stops, but went just 1-for-3 in the shootout.

The Penguins have won 12 straight games against goaltenders making their first career starts against Pittsburgh.

THE ASSOCIATED PRESS

## Concussions

### 200 ex-NHLers join lawsuit

The original concussion lawsuit against the NHL included 10 former players, and that number has already grown. More than 200 players have joined, according to lawyers Steve Silverman and Mel Owens, who are at the forefront of the suit. **THE CANADIAN PRESS**

## NFL

### Packers' Rodgers a no-go vs. Lions

Quarterback Aaron Rodgers will miss his third consecutive game and Matt Flynn will become the Green Bay Packers' fourth starting quarterback of the season Thursday when the Packers play the Lions in Detroit.

THE ASSOCIATED PRESS

## MLB



"The goal for me is just being able to move forward."

Milwaukee Brewers star Ryan Braun, who ended his silence Wednesday, speaking to the media for the first time since accepting a season-ending, 65-game suspension for violating MLB's anti-drug agreement.

## NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	25	16	7	2	69	52	34
Tampa Bay	25	16	8	1	76	63	33
Detroit	26	12	7	7	69	71	31
Montreal	25	14	9	2	67	52	30
Toronto	25	14	9	2	71	66	30
Ottawa	25	10	11	4	74	81	24
Florida	26	7	14	5	58	86	19
Buffalo	26	5	20	1	45	82	11

#### METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	26	16	9	1	78	63	33
NY Rangers	25	13	12	0	53	61	26
Washington	25	12	11	2	76	74	26
Carolina	25	10	10	5	53	70	25
New Jersey	25	9	11	5	53	62	23
Philadelphia	24	10	12	2	52	60	22
Columbus	25	9	13	3	62	75	21
NY Islanders	25	8	14	3	70	85	19

#### Wednesday's results

Pittsburgh 6 Toronto 5 (SO)  
Winnipeg 3 NY Islanders 2  
Ottawa 6 Washington 4  
Tampa Bay 4 Philadelphia 2

Carolina 4 New Jersey 3  
Nashville 4 Columbus 2  
NY Rangers 5 Florida 2  
Phoenix 3 Minnesota 1  
Montreal 3 Buffalo 1  
Detroit 6 Boston 1

St. Louis 4 Colorado 1  
Chicago at Calgary  
Los Angeles at San Jose

Tuesday's result

Dallas 6 Anaheim 3

Thursday's games — All times Eastern

Vancouver at Ottawa, 7:30 p.m.

Edmonton at Nashville, 8 p.m.

Friday's games

Winnipeg at Philadelphia, 11:30 a.m.

NY Rangers at Boston, 1 p.m.

Pittsburgh at Tampa Bay, 4 p.m.

Detroit at NY Islanders, 4 p.m.

St. Louis at San Jose, 4 p.m.

Calgary at Anaheim, 4 p.m.

Montreal at Washington, 5 p.m.

Colorado at Minnesota, 6 p.m.

Edmonton at Columbus, 7 p.m.

New Jersey at Carolina, 7 p.m.

Toronto at Buffalo, 7:30 p.m.

Chicago at Dallas, 8:30 p.m.

### WESTERN CONFERENCE

#### CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
St. Louis	24	18	3	3	86	51	39
Chicago	25	17	4	4	92	71	38
Colorado	23	17	6	0	70	49	34
Minnesota	26	15	7	4	65	61	34
Nashville	25	13	10	2	60	69	28
Winnipeg	27	12	11	4	72	78	28
Dallas	23	12	9	2	67	68	26

#### PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	27	17	7	3	83	71	37
San Jose	23	15	3	5	79	52	35
Los Angeles	25	16	6	3	67	53	35
Phoenix	25	15	6	4	83	79	34
Vancouver	26	12	9	5	67	68	29
Calgary	23	8	11	4	64	84	20
Edmonton	25	7	16	2	65	89	16

Note: 2 points for a win, 1 point for overtime loss.

### PENGUINS 6, LEAFS 5 (SO)

#### First Period

1. Pittsburgh, Conner 1 (Ebbett, Sutter) 1:57  
2. Toronto, van Riemsdyk 10 (Phaneuf, Franson) 5:09 (pp)  
3. Toronto, Kadri 7 (Fraser) 11:41

Penalties — Despres Phg (interference) 5:01.

#### Second Period

4. Toronto, van Riemsdyk 11 (unassisted) :13  
5. Toronto, Kessel 13 (Bozak) :42  
6. Pittsburgh, Malkin 5 (Letang, Crosby) 8:27 (pp)  
7. Pittsburgh, Letang 5 (Neal, Kunitz) 15:20 (pp)  
8. Toronto, Bozak 4 (van Riemsdyk) 19:55

Penalties — Neal Phg (slashing) 1:31, Kadri Tor (goaltender interference) 3:52, Gunnarsson Tor (interference) 8:17, Phaneuf Tor (roughing) 10:42, Crosby Phg (roughing) 10:42, Holland Tor (interference) 14:45.

#### Third Period

9. Pittsburgh, Neal 7 (Malkin, Letang) 3:46 (pp)  
10. Pittsburgh, Malkin 6 (Crosby, Kunitz) 7:41  
Penalties — Smithson Tor (holding) 2:12, van Riemsdyk Tor (hooking) 3:18, Malkin Phg (high-sticking) 5:07.

Overtime — No Scoring

Penalties — None.

Shootout — Pittsburgh wins 2-0

#### Shots on goal

Toronto	10	14	0	0-24
Pittsburgh	17	12	17	2-48

Goal — Tor: Bernier (LO, 8-6-2); Pitt: Zatkoff (0:13 2nd period) (W, 3-2-0). Power plays (goal-chances) — Tor: 1-3. Pittsburgh: 3-5.

Att. — 18,660 at Pittsburgh.

## NFL

### WEEK 12

#### Thursday's games

##### All times Eastern

Green Bay at Detroit, 12:30 p.m.

Oakland at Dallas, 4:30 p.m.

Pittsburgh at Baltimore, 8:30 p.m.

#### Sunday's games

Jacksonville at Cleveland, 1 p.m.

New England at Houston, 1 p.m.

Arizona at Philadelphia, 1 p.m.

Miami at N.Y. Jets, 1 p.m.

Tennessee at Indianapolis, 1 p.m.

Chicago at Minnesota, 1 p.m.

Tampa Bay at Carolina, 1 p.m.

Atlanta at Buffalo, 4:05 p.m.

St. Louis at San Francisco, 4:05 p.m.

Cincinnati at San Diego, 4:25 p.m.

Denver at Kansas City, 4:25 p.m.

N.Y. Giants at Washington, 8:30 p.m.

#### Monday's game

New Orleans at Seattle, 8:40 p.m.

## NBA

### Wednesday's results

Indiana 99 Charlotte 74

Orlando 105 Philadelphia 94

Memphis 100 Boston 93

Chicago 99 Detroit 79

L.A. Lakers 99 Brooklyn 94

Miami 95 Cleveland 84

Houston 113 Atlanta 84

Oklahoma City 94 San Antonio 88

Denver 117 Minnesota 110

Washington 100 Milwaukee 92 (OT)

Dallas 103 Golden State 99

Phoenix 120 Portland 106

New York at L.A. Clippers

#### Tuesday's results

Washington 116 L.A. Lakers 111

Brooklyn 102 Toronto 100

Orlando 109 Atlanta 92

Golden State 102 New Orleans 101

## MLS PLAYOFFS

### CHAMPIONSHIP

#### MLS CUP

Saturday, Dec. 7

Kansas City vs. Salt Lake, 4 p.m., EST



**YOU COULD WIN**

**A TRIP TO THE HOLIDAY INN RESORT@ ARUBA**

**OR 1 OF 10 COPIES OF "PLANES" ON BLU-RAY™ COMBO PACK**



**AVAILABLE NOW**

**club metro .com**

**TO ENTER**

Take your kids to a HOLIDAY INN RESORT® location for the best way to bond with your family and have fun. There are 34 HOLIDAY INN RESORT® locations you can choose from including destinations like Puerto Vallarta and Los Cabos in Mexico, Aruba, Hawaii, Orlando, and many others around the world. Start planning your next precious vacation at [www.holidayinnresorts.com](http://www.holidayinnresorts.com)

NO PURCHASE NECESSARY. TERMS & CONDITIONS APPLY. FOR FULL CONTEST DETAILS AND CONDITIONS, VISIT CLUBMETRO.COM

Read  
metro work  
every Monday  
and Wednesday  
for tips and trends  
in education  
and employment.

Only in Metro.  
News worth sharing.

Weeknights at 8 K8 counts down the HOTTEST songs of the day

**TOP SIX @ 6**

- 6 Britney Spears Work Work
- 5 Pitbull ft Ke\$ha Timber
- 4 Lady Gaga ft R. Kelly Do What U Want
- 3 Hedley Anything
- 2 Miley Cyrus Wrecking Ball
- 1 Eminem ft Rihanna The Monster

**101.3 THE BOUNCE**

[1013TheBOUNCE.com](http://1013TheBOUNCE.com) | [info@1013thebounce.com](mailto:info@1013thebounce.com)



## Horoscopes

### Aries

March 21 - April 20

You will be able to charm the birds out of the trees today but why waste your talents on wildlife when you can focus instead on getting your way on the work front? Employers won't be able to say "no".

### Taurus

April 21 - May 21

Not everyone will agree with what you do over the next 24 hours but do you care? No, you don't! No one has the power to make life difficult for you. So, if it feels good, do it.

### Gemini

May 22 - June 21

Let someone you trust know that your happy-go-lucky act is just that. Once you share your problem, it won't be as bad when various options have been pointed out to you.

### Cancer

June 22 - July 23

With love planet Venus moving through the relationship area of your chart, you can't afford to be shy with affairs of the heart. If there is someone you fancy, let them know. Chances are they feel the same way about you.

### Leo

July 24 - Aug. 23

It's good to dream and some dreams will never come true and it's time you faced up to that fact. Never mind, there should be another great dream coming along soon.

### Virgo

Aug. 24 - Sept. 23

You will be rather impatient today and that may be no bad thing, especially if people you work with are dragging their feet just to annoy you. Maybe you should threaten to carry on without them.

### Libra

Sept. 24 - Oct. 23

You have the happy knack of knowing what loved ones want and will go out of your way to get it for them over the next 24 hours. Don't forget your own needs though.

### Scorpio

Oct. 24 - Nov. 22

Mercury in your sign links with both Venus and Jupiter today, so good news is coming your way. Whatever it happens to be, don't keep it to yourself.

### Sagittarius

Nov. 23 - Dec. 21

Make sure you know all the facts before reaching a decision about a money or business issue. Remember too that just because someone makes big noise does not mean they know what they are talking about.

### Capricorn

Dec. 22 - Jan. 20

Keep things light and don't let the cares of the world get to you. Venus in your sign makes it easy to see past negativity and make sense of what to others appears senseless. Life has meaning, and it is joy.

### Aquarius

Jan. 21 - Feb. 19

You can persuade almost anyone to do almost anything for you today but you don't seem happy with that "almost". You may be good with words but don't push too hard. Someone will always be immune to your charms.

### Pisces

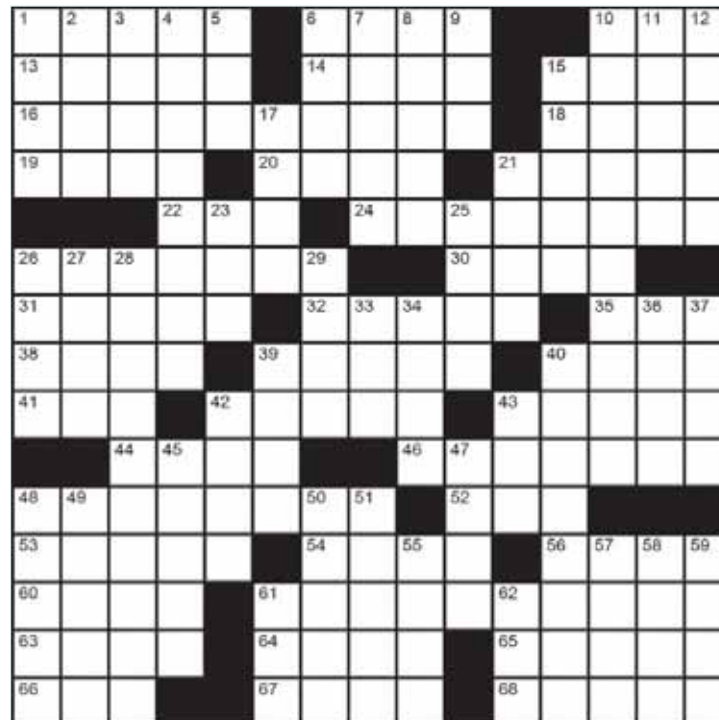
Feb. 20 - March 20

This is an excellent time to travel, ideally with friends. The things you discuss and the things you see will make you glad to be alive in this time and place. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Glisten
- Federal force, commonly
- Juice: French
- Camera company
- Margarine
- Faxed
- Canadian fashion designer: 2 wds.
- Cracker spread
- Tugboat's sound
- Poetic nights
- Mr. Schwarzenegger, to fans
- Spotlight lover
- Toronto's Expressway
- Saintly
- Border
- Carta
- Some beans
- Li'l physician
- Balmy
- Casual material
- The Dalai
- "... quit!" (Worker's ultimatum)
- House fields
- Job-giver
- Abound
- Canada for the Arts (Administrator of the annual honours at #28-Down)
- Rihanna hit
- Carrot, e.g.
- "Hang Ten" Canadian singer
- Govern
- Sicilian volcano
- Actress, Sharon
- As per #28-Down... Fiction book



winner: The by Eleanor Catton, set in New Zealand

63. Deviate

64. Tunestress Tori

65. Capital of Belarus

66. Antiquity

67. Secret-passer's sound effect

68. Writer W.B.

### Down

- Jazz singing style
- Religious 'ring'
- Data
- As per #28-Down... Poetry book winner: Katherena Vermette for Love Songs, set in the Winnipeg neighbourhood of

the title

- Compass dir.
- Red Tea
- Held on tightly
- High IQ society
- Disc in a 1990s fad game
- The Maid of Orleans, b.1412 - d.1431: 2 mots

- Take apart laces
- Drive
- Parsley portion
- Ashton's ex
- Tots up
- Menu words
- Printing quantity
- G.I.'s weapon need
- "CBC News Now

with Reshmi

28. (Prestigious honour for Canadian writers, trendy-style ...see 2013 winners at #4-Down and #61-Across)

29. Ball of yarn

33. Caravansary

34. Filing abbr.

36. Sacred Buddhist peak

37. Director Mr. Reiner

39. "Curses!"

40. Victoria's Secret apparel

42. Rock's Kings of

43. Shade

45. Actress Ms. Procter

47. Baking need

48. Search into

49. Model

50. Ringo's instruments

51. Wrestlers of Japan

55. Itemize

57. Frank Sinatra daughter

58. Cozy retreat

59. Requests

61. Swimming segment

62. Ms. Poehler

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

4	1	9	3	8	5	7	2	6
3	6	5	7	2	1	4	9	8
8	7	2	9	6	4	3	1	5
7	2	6	4	5	8	1	3	9
5	3	8	2	1	9	6	7	4
9	4	1	6	3	7	5	8	2
6	8	4	1	9	3	2	5	7
1	5	7	8	4	2	9	6	3
2	9	3	5	7	6	8	4	1

	6		7		1		8
5			9	4			
			1				4
			6	8	1	3	9
			3				
	5	1	7	4	9		
9				7			
			2	6			9
6	7		5			8	

**Today**

10°/-7°  
Showers  
40%

**Friday**

-2°/-8°  
Variable

Your #1 weather forecast now available in HD.  
Check your local listings for details.

The Weather Network HD

TWN incorporates MSC data

grapevine  
personals.com

**FREE OFFER**

FRIENDSHIP // DATING // LOVE

**902.491.1600**

Other cities: 1.877.CHAT.810

Text "VINE" to 96669 \$5/90 min

1.900.783.3333  
123/90 minutes

**nightline**

where naughty is nice

60 MINUTE FREE TRIAL

**902.444.5533**

OTHER CITIES 1.877.834.4044

Text "SCORE" to 86669 10/10min  
Dial \*PGATE (93283) 30/10min

1.900.551.5555  
\$25/50min

NIGHTLINECHAT.COM

**CruiseLine.ca**

ALL MALE COAST TO COAST

CALL NOW  
FREE TRIAL  
CRUISE FREE

**902.431.6725**

Other cities 1.877.882.2010

1.900.561.8888 (75 MIN/\$25) TEXT "CRUISE" TO 96669 (10 MIN/\$5)

\*18+ Restrictions Apply

**TAYA!CHAT**

NORTH AMERICA'S FIRST PANSEXUAL CHAT LINE!  
CALL 1 866 292 8293



# GET A SAMSUNG GALAXY GEAR™

WITH THE PURCHASE OF SELECT SAMSUNG DEVICES

## FOR ONLY \$49.99<sup>1</sup>

SAVE \$280 ON SELECT 2-YEAR PLANS



SAMSUNG GALAXY GEAR™



SAMSUNG GALAXY S4™  
WAS \$179.99  
NOW \$0



CALL 1 888 ROGERS1  
CLICK [rogers.com/blackfriday](http://rogers.com/blackfriday)  
VISIT your local Rogers store today

LIVE LIKE NEVER BEFORE.™



Offer available for a limited time and subject to change without notice. \*After applicable discount (not exceeding device purchase price) with new activation on any 2-yr. plan having min. \$60 monthly service fee (MSF) on primary line or min. \$45 MSF on secondary line. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTAB balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1 Available at participating Rogers locations from Nov. 28/13 until the earlier of Jan. 6/14 or while quantities last with purchase of eligible Samsung device (Galaxy S4, S4 Mini, S4, S3, Mega, Note 2 or Note 3) and new activation on any 2-yr. talk, text and internet plan having min. \$60 monthly service fee (MSF) on primary line (\$45 MSF talk and text line also eligible in the case of Galaxy S4 Mini & S3) or min. \$45 MSF on secondary line. Samsung Mega compatibility requires a software upgrade (expected January 2014). If eligible plan is cancelled within first 15 days in accordance with your Service Agreement, Samsung Galaxy Gear must also be returned in original condition (\$49.99 will be refunded) else the difference of \$280 will be charged to customer's account. The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. TM ©2013 Rogers Communications.